

# A New Day

*Published by Gary Grimm & Associates*

*The Magazine for Activity Professionals*



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Issue 5, Vol. 1  
September/October 1995



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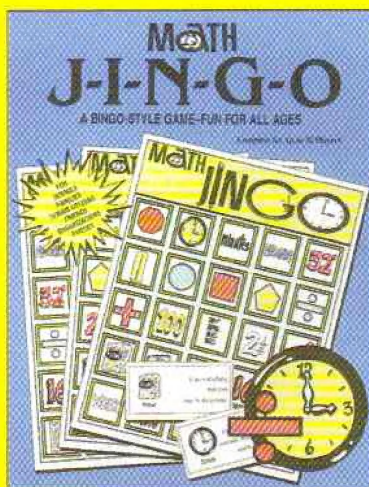
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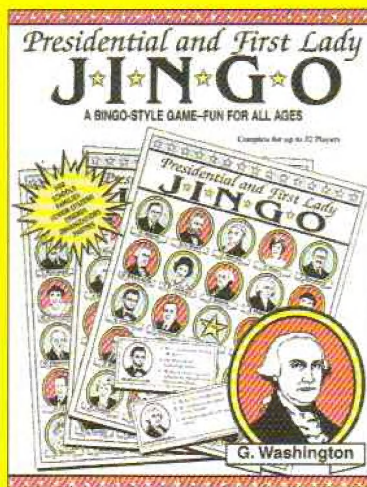
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# A New Day

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Gary Grimm & Associates

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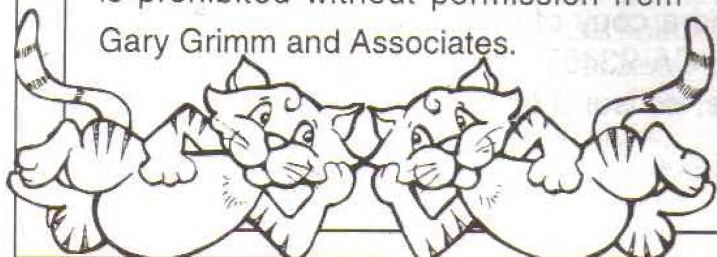
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## TABLE OF CONTENTS

From the Editor's Desk . . . . .	2
Calendar: Surprise-Studded September . . . . .	3
September Clip Art . . . . .	6
Outreach Activities: Reading Is Healthful . . . . .	7
Article: A World of Difference . . . . .	9
Celebration: Grandparents' Banquet . . . . .	11
September Crafts: Feeding and Housing Our Feathered Friends . . . . .	13
Reminisce: Autumn Leaves . . . . .	15
Bon Voyage: A Five-day Hawaiian Cruise . . . . .	17
Saturday Evenings Past: Golf . . . . .	21
Let's Meet Grandma Moses . . . . .	23

### This Month's Poster Pullout\*

- September Calendar
- October Calendar
- Reproducible Family Tree

Calendar: An Active October . . . . .	25
October Clip Art . . . . .	28
Outreach Activities: Healthy, Happy Heritage . . . . .	29
October Crafts: Pumpkin Decorations and Mask Making . . . . .	31
Look What's New: Popping Ideas for Popcorn Day . . . . .	34
Celebration: Halloween Á La Carte . . . . .	35
Article: Hooray for Me! . . . . .	39
<b>Reproducible Unit: "H" Is for Heritage</b>	
Our Great Heritage . . . . .	40
"H" Is My History . . . . .	41
My Heritage . . . . .	42
Hopping Around the Globe . . . . .	43
Holiday Happenings . . . . .	44
Hobbies and Interests . . . . .	45
Things That Bring Me Happiness . . . . .	46
Mystery Birthday Badges and Special Day Reminders . . . . .	47





# From the Editor's Desk



by Becky Daniel, Orcutt, CA

Well, counting our premiere issue, *A New Day* magazine is almost a year old. As you probably noticed, each issue evolved a bit, got a little better. Just like a new babe, we are testing our legs. Now that we are a year old, we are quicker on our feet. Not only have we learned to walk, we are off and running! Next year we are planning to expand our magazine to 64 pages. We will be able to include some exciting new articles. A special new feature will provide you with detailed descriptions of wonderful places so you can take bedridden or small groups of residents on imaginary vacations. You will have everything you need to be their guide to far-off and not-so-far-off places. Also planned are activities called, "Movin' and Groovin'" which will give seniors new and fun ways to exercise. And there's lots more too, but you'll just have to wait and be surprised.

We are also working on two new series of big seasonal books. One is based on daily trivia and the other on weekly themes. Watch for the ads for these new books in upcoming issues of *A New Day*.

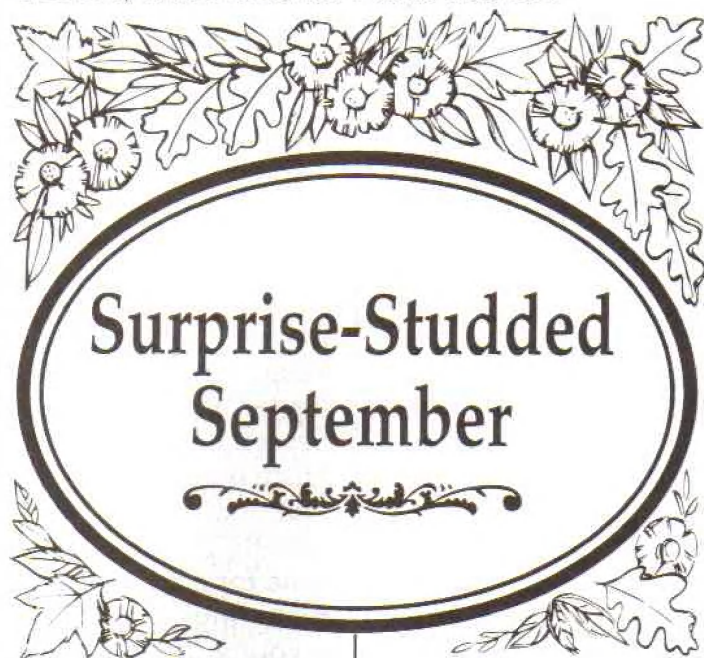
Since November is National Alzheimer's Awareness Month, in Issue 6 we will be including an interesting and enlightening interview with Stuart C. Feinstein, Ph.D., Associate Professor at the Neuroscience Research Institute, University of California, Santa Barbara. Dr. Stuart will share some of the revolutionizing discoveries that he is making in his research in the area of Alzheimer's disease.

You may also count on an assortment of holiday delights to amuse and entertain along with specially designed winter activities to wrap your seniors in warm memories of their yesterdays.

Thank you for all of your encouraging letters. We appreciate those who have taken time from busy schedules to telephone and write to let us know how we are doing. The large reproducible calendars are the favorite of many. Felicia Brown, CTRS, wrote from Brandon Woods Retirement Community in Lawrence, KS, to tell us how she uses the reproducible calendar. "I fill in the events; it is copied on 11" x 18" paper. Then several of the more alert residents enjoy getting together to color the graphics. We use magic markers, but chalk, pencils, or crayons could be used. It adds interest and draws attention to activities. Thank you so much for the calendar pages." How do you use the reproducible calendars? We want to know. We are looking for unique ways the calendars can be decorated, used, or recycled. If you want to share your ideas with us, please send a copy of one of your calendars to: Becky Daniel, Editor, *A New Day*, P.O. Box 2532, Orcutt, CA 93457. You could be the winner of one free year's subscription to *A New Day* magazine, so send in those calendars! Here's to an outstanding and active autumn!



*This is Board and Care Recognition Month, National Literacy Month, National Library Card Sign-Up Month, National Papaya Month, and National Piano Month.*



**1** In New Jersey, September is the month to honor owners and operators of board-and-care facilities. Thank owners and all of your coworkers today. Be especially kind to yourself and trust that your unselfish devotion to seniors and your gentle caregiving are extraordinary gifts of love.

**2** Today is the fiftieth anniversary celebration of Victory Day. This is the anniversary of the official ratification of the Japanese surrendering to the Allies in 1945. Hold small group discussions: Where were you on V-J Day? How old were you? What was your life

like fifty years ago?

**3** Today is the anniversary of the World War II Declaration. On September 3, 1939, in a radio broadcast, Prime Minister Neville Chamberlain announced the declaration of war against Germany. Britain's allies—France, Canada, Australia, New Zealand, and South Africa—issued separate declarations of war. Honor your World War II veterans in residence.

**4** Labor Day is today. Celebrate the holiday by taking the residents golfing. They won't need clubs, bags, or special shoes. See the ideas for

playing golf games inside and on the lawn of your facility on pages 21 and 22.

**5** This is Be Late for Something Day. Procrastinators' Club of America declares this a day to release the stress and strain caused by rushing around to get to places on time. Today might be a great day for a brown-bag lunch and book review. See the idea on page 7. (No one will want to be late to this event!)

**6** Today is National Do It Day. Are the residents keeping scrapbooks, recording their family histories and their heritages? Does the project sound a bit overwhelming? It won't be with the easy step-by-step suggestions in the article "Hooray for Me!" found on page 39. Now is the perfect time to begin helping each resident celebrate his/her life! For additional ideas see the "Save and Savor" hints and selected oral history interview questions found on page 29. Get everyone started on this project today, and then pat yourself on the back and bask in the afterglow of knowing you DID IT!

**7** This is Grandma Moses Day. Anna

Mary (Robertson) Moses began painting in her late seventies. Although her hands were crippled from rheumatism, she painted farm scenes and country landscapes in oil. She used old Currier and Ives prints as guides. Lacking training and being unfamiliar with modern art, she developed a style known as "modern primitive." Inspire residents with her fascinating story on page 24.

**8-10** A Bald Is Beautiful Convention takes place in Morehead City, NC, this month. Help cultivate a sense of pride for your bald-headed men. Discuss distinguished men in history who had little or no hair. Show a Yul Brenner video such as *The King and I*.

**9** This is National-Learn-to-Read Month. Perhaps a few of the residents are willing to become tutors for children who need help learning to read. One-on-one tutoring is just what some children need. What better gift could anyone give than to teach another how to read? Tutoring feeds the future. See the ideas for a tutorial program on page 7.



**10** This is National Grandparents' Day. Each September one Sunday is set aside annually to give grandparents an opportunity to show love for their children's children. See the Grandparents' Banquet suggestions on pages 11 and 12.

**11** In New Holland, PA, once a year citizens bring in their gnawed, clawed, battered, busted, broken bird feeders to display the damage done by animals and weather. What a great day to have residents make bird feeders. See the craft article "Feeding and Housing Our Feathered Friends" found on pages 13 and 14.

**12** It's Charles Dudley Warner's birth anniversary. Born in 1829, this American newspaperman authored many works. In his honor, plan a Library Card Sign-Up Tea. Ideas are found on page 7.

**13** The "Star-Spangled Banner" was inspired on September 13, 1814. Anxiously watching the battle from aboard a prison ship in Baltimore Harbor, Francis Scott Key was inspired to write the verses that later became our national anthem. Sing

the "Star-Spangled Banner" today. Discuss what being an American means to each resident.

**14** Today is International Cross-Culture Day. It's a day set aside to honor cultural differences. Have a group discussion today about each resident's ethnic background. Applaud the differences in each human being. Have everyone complete his/her family tree. (See the reproducible activity sheet on page 40.) If some of your residents enjoy making mini family trees, encourage them to do enlarged family trees. (See the poster in the center of the magazine.) When completed, the posters will make wonderful additions to the "Hooray for Me!" scrapbooks.

**15-24** This week an estimated one and one-half million people will celebrate Aloha Week in Hawaii. Since this is both Aloha Week and National Papaya Month, why not take everyone on a five-day cruise to Hawaii? Too expensive? No, it's not! See the exciting day-by-day itinerary for an in-facility cruise adventure on pages 17-20.

**16** Today in New Harmony, IN, there will be a Big Whopper Liar's Contest. Motivate everyone to tell or write a tall tale. Share the creative fantasies in small groups. Award prizes to the biggest yarn-spinner. Challenge your animated storytellers to be part of a storytelling hot line or to be a story hour reader with the ideas on page 8.

**17-23** This is National Adult Day Care Center Week. Acknowledge the helpful hands at your center, those whose contributions make life more enjoyable for so many seniors. Read the article about Alzheimer's, "A World of Difference," on pages 9 and 10. You may want to reproduce the article for coworkers and families of Alzheimer's patients.

**18** Frankie Avalon is 55 today! Have a Frankie Avalon birthday party. Eat some cake and play '50s rock 'n' roll music. Be sure to play "Why" and "Venus."

**19** The third Tuesday of September is officially proclaimed and observed as International Day of Peace. Invite interested residents to go

outside and sit in silence. Rejuvenate with calm and quiet today. Then encourage everyone to complete the activity on page 41, "'H' Is My History."

**20** Today is Ferdinand "Jelly Roll" Morton's 110th birth anniversary. This American jazz pianist, composer, singer, and orchestra leader was born on September 20, 1885. Since this is also National Piano Month, provide a time for enjoying piano music. Is there a young piano student nearby who can perform? Is there a resident who can play? If you don't have a piano available, play CDs or tapes of piano music today.

**21** In Hong Kong the birthday of Confucius will be celebrated today. This Chinese teacher and philosopher based his writings and teachings on the principle of *jen*, benevolent love, or virtue. He stressed proper conduct, self-improvement, and the need for rulers to be upright and righteous. Share a few of his sayings with seniors today.





**22-24** Annually, the last weekend in September is the Pacific Rim Wildlife Art Show in Tacoma, WA. Encourage residents to go outside an hour before sunset with sketch pads to draw an outdoor scene. Or find a vantage spot near birdhouses or feeders and encourage everyone to draw pictures of bird wildlife in your area. Display these works of art on a bulletin board or on hall walls. Use some of them as clip art to decorate your newsletters, bulletins, and communicators. Wouldn't it brighten someone's day to see his/her work reproduced for others to enjoy?

**23** It's the first day of autumn! Everywhere on Earth (except near the poles) the sun rises due east and sets due west. Reminisce the autumn season with the article on page 16. Discuss autumn traditions that the residents treasure the most. Is there a place where you can take interested residents for a short stroll through crunching, autumn leaves? Collect some colorful leaves and pine cones and let a team of interested residents use them to make

centerpieces for the dining room tables.

**24** "Dr. Seuss" (Theodor Seuss Geisel), the author of children's books, died on this day in 1991. Honor this creative author by having a breakfast of green eggs and ham! See details for a breakfast with "Dr. Seuss" on page 8. Provide an assortment of his books: *The Cat in the Hat*, *If I Ran the Zoo*, *How the Grinch Stole Christmas*, *Green Eggs and Ham*, *Fox in Sox*, and *Horton Hears a Who*. Many seniors probably have already read his works to their grandchildren, so find out their favorites!

**25** Rosh Hashanah, the Jewish New Year, began at sundown yesterday. This Jewish holy day is the beginning of ten days of repentance and spiritual renewal. Are there residents who wish to observe this holiday? Make certain that they have that opportunity.

**26** It's George Gershwin's birthday anniversary. See Mystery Birthday Badge idea on page 47.

**27** Ancestor Appreciation Day is a day to learn about and appreciate one's forebears. Have residents

write letters or notes to their grandchildren or descendants describing interesting things that they remember about their grandparents and parents. The residents have a wealth of family history in their memory banks. Give everyone page 42, "My Heritage." When completed, meet in small groups to discuss them. Which languages, customs, traditions and birthplaces do your residents share?

**28** Happy Birthday to Al Capp, creator of "Li'l Abner" and originator of Sadie Hawkins Day. To celebrate the anniversary of his birth on this day in 1909, declare a Sadie Hawkins Day. Encourage your female residents to invite male residents to sit and talk, go for a walk, write a male resident a note, or do something that they might consider *bold* on any other day.

**29** Many Germans celebrate autumn with an Oktoberfest. Traditional German food and drink accompany craft shows, displays, and entertainment. Plan an Oktoberfest feast in your facility. Serve German foods and play German music. Does someone play

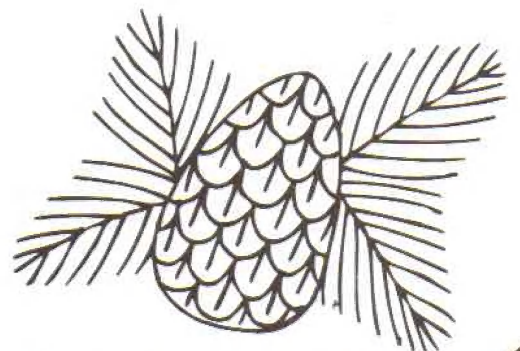
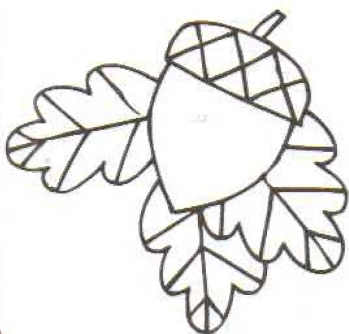
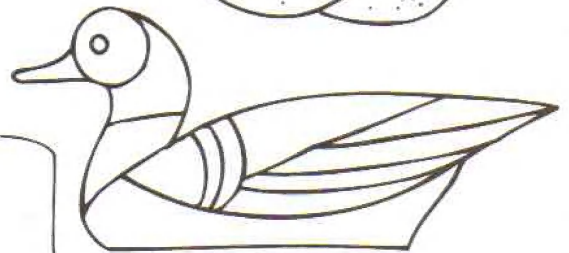
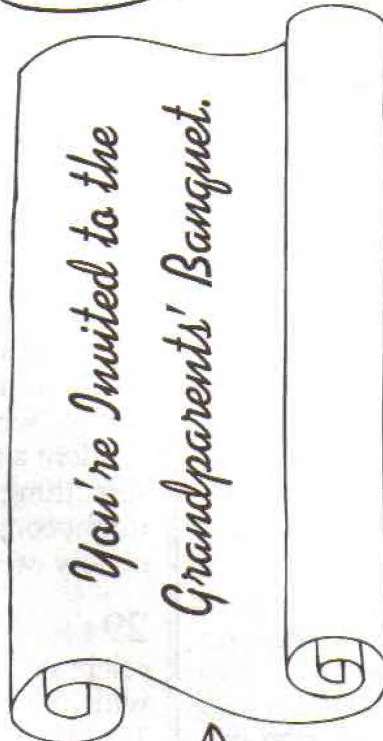
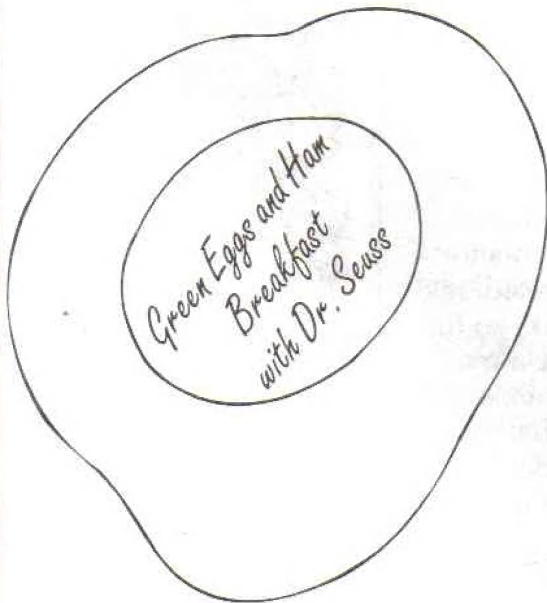
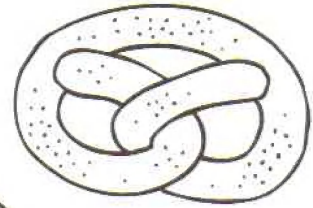
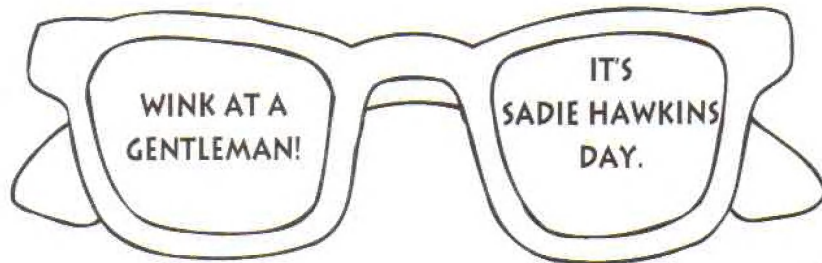
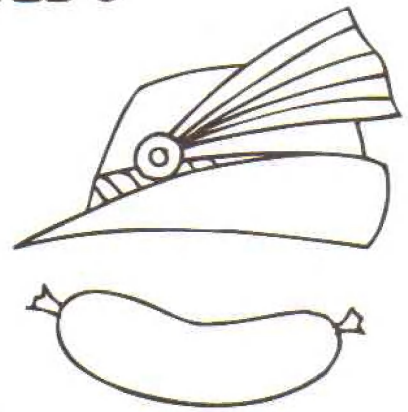
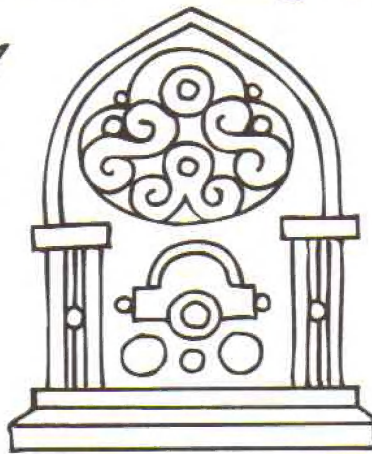
the accordion? Or visit a harvest and heritage celebration in your community. See the tips for this real morale booster on page 30.

**30** Happy Birthday to Johnny Mathis. Born on September 30, 1935, he sang many romantic songs such as "It's Not for Me to Say" and "Chances Are." Play Johnny Mathis CDs and, in a dreamy sort of way, say good-bye to September.





# September Clip Art









# **Reading Is Healthful**

## ***A Month of Brain Building Menus***

*by Linda Karges-Bone, Ed.D., Charleston, SC*



The writer George Clemenceau once said, "All that I know I learned after I was thirty." How true that is! Real learning requires time, reflection, and past experiences. These three qualities are often found among more mature learners, and reading programs offer an excellent way to challenge these sophisticated learners. During the month of September, a traditional time to enjoy back-to-school themes, we may also enjoy celebrations such as National Literacy and National Library Card Sign-Up months. Tempt the cognitive appetites of residents with a breakfast, luncheon, coffee klatch, afternoon tea, and other get-togethers to nourish the brain as well as body and spirit!



### ***The Brown-Bag Lunch and Book Review***

Locally, in partnership with a nearby residential home, our university initiated a successful brown-bag lunch and book review program. Each month a faculty member visits the Elms Village to review a popular new book or classic favorite for the residents. This takes place at noon on given days. Faculty from the college, interested students, and residents bring their lunches in brown bags to munch during the book review. Coffee and dessert are provided by the hosting facility.


### ***Tutoring Feeds the Future***

In addition to celebrating books and reading for the sake of personal pleasure, reading may be used as a tool for service and community involvement. If you have interested residents, you may want to link up with a local PTA and sponsor a reading tutorial program. Each interested resident could work with an individual child one afternoon each week. Teachers might provide folders of tutoring materials. A child might need help with his/her homework, or he/she may bring a favorite book to read with the tutor. Be sure to pair residents with children whose grade level and learning needs are compatible with the abilities and patience of the tutor. This kind of program might be a real boost for retired teachers. And it may make a world of difference for the children being tutored!



### ***The Library Card Sign-Up Tea***

Invite a local librarian to the facility during September and promote a library card sign-up or renewal. Ask the guest librarian to bring a selection of new books to tempt readers, especially books on tape and large print editions. Arrange a weekly van trip to the library. For bed-bound or wheelchair residents who cannot make the trip, take requests for books they want to read. Arrange for this outing to be at a time when one of the librarians will be most available to assist residents. Hint: Plan these trips before the three o'clock after-school rush and avoid the morning of the toddlers' story hour!





## Story Line Connection

Since most parents work these days, many youngsters spend afternoons at home alone. Here is a wonderful opportunity for residents to reach out to the community with service. See if you have any seniors who are willing to entertain lonely children with a story line. If so, talk with the telephone company about setting up a special number for the story line. Residents may prepare taped stories to be played during a given time, such as between three and six o'clock each week day. Choose Newbery Award books, Aesop's fables, or seasonal tales. Encourage a few artistic residents to make flyers or posters announcing the program. Include telephone number and the time and days of the week that the story line will be operating. What great fun, and a wonderful way to let seniors know that they are still needed and valued!



## Breakfast with Dr. Seuss

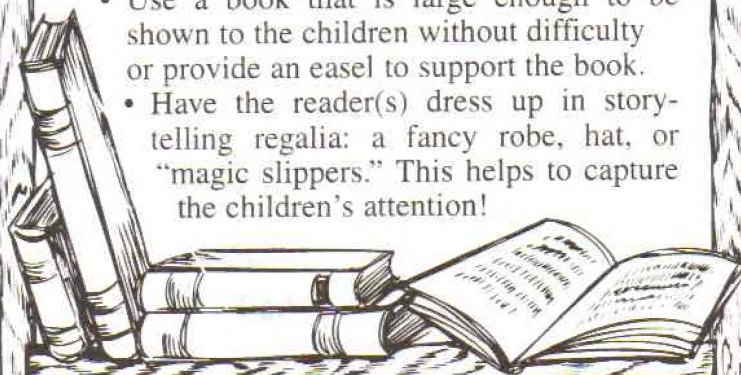
Famous storyteller Theodor Seuss Geisel died on September 24, 1991. Honor his legacy with a breakfast of green eggs and ham. Simply use a few drops of green food coloring in the scrambled eggs. After everyone notices that there is something dreadfully wrong with the eggs, read the book *Green Eggs and Ham*. Be sure to set up a reading display of Dr. Seuss' other works: *Horton Hears a Who*, *If I Ran the Zoo*, *The Cat in the Hat*, and *How the Grinch Stole Christmas*. Seek out a variety of less familiar titles as well. Each one is a delight. Just for fun, you might want to wear a daisy in your hair and pass out one for everyone else to wear as a tribute to Dr. Seuss' last book, *Daisy-Head Mayzie*.



## Story Hour

Wouldn't it be terrific if, one morning each week, a few residents would conduct a story hour service in residence for children ages 2-5? Invite mothers to bring their preschool children to hear a story. Mothers may relax and visit with family or friends while storytellers entertain their youngsters. Provide a rocking chair for the reader, pillows for the children, cookies and punch afterwards, and a parade of willing readers (residents) to entertain the children. For the best results

- Keep the stories brief and read several different stories.
- Use a book that is large enough to be shown to the children without difficulty or provide an easel to support the book.
- Have the reader(s) dress up in story-telling regalia: a fancy robe, hat, or "magic slippers." This helps to capture the children's attention!



## Classics and Coffee

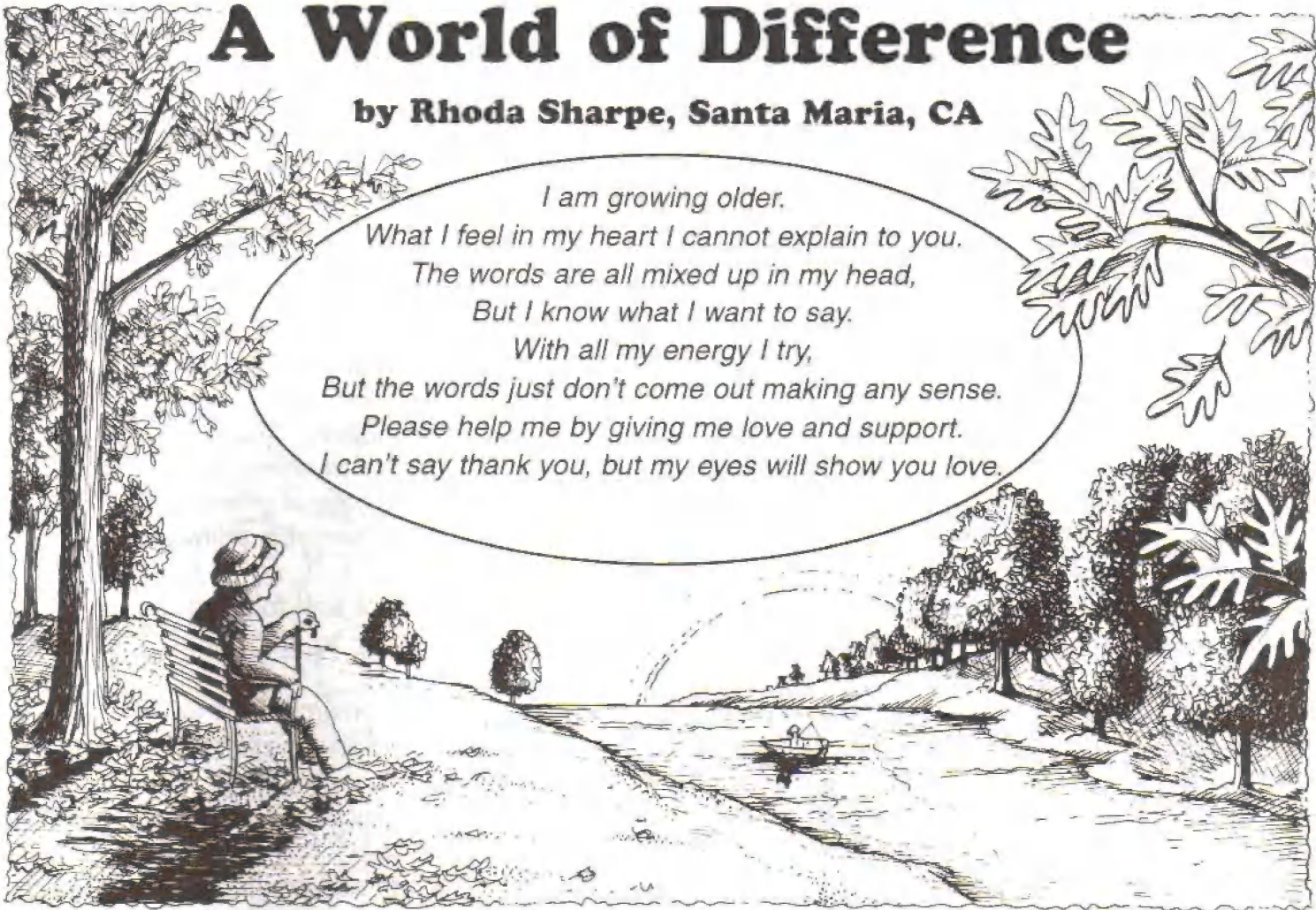
Two winter movie releases, *Little Women* and *The Jungle Book*, have unleashed a frenzy of interest in revisiting classic literature. Consider sponsoring a weekly coffee hour in which residents read and discuss a favorite classic. Be sure to provide a few large print paperback editions and audio versions for those who prefer or need such accommodations. Invite a resident to lead the discussion and follow up with a Friday evening video of the classic and, of course, popcorn! Remember that reading can be personal and private or communal and shared. Either way, ideas, humor, information, and memories unfold in the lives of readers and listeners. Reading is good food for active minds and a perfect way to enter autumn!





# A World of Difference

by Rhoda Sharpe, Santa Maria, CA



*I am growing older.  
What I feel in my heart I cannot explain to you.  
The words are all mixed up in my head,  
But I know what I want to say.  
With all my energy I try,  
But the words just don't come out making any sense.  
Please help me by giving me love and support.  
I can't say thank you, but my eyes will show you love.*

Those are the words that I saw in my stepfather's eyes when his Alzheimer's became more progressive. When I looked into his eyes, it was as if I could read the pain he was feeling. At first, he just walked around the house disoriented. He often misplaced his keys or forgot appointments. Sometimes he'd cry for fear that he was losing his mind. His greatest fear was that he might be suffering from Alzheimer's. Then he was diagnosed. I lived with him and watched the agonizing disease strip him of everything he had worked for in his life. Soon the enjoyment he received from laughing with his grandchildren faded away along with the emotions he once displayed when he saw my brothers and me.

The last time I visited, my stepfather was in a convalescent center. He was lying in a fetal position, only a shadow of his former self. I sat by his side and put a photograph of my family

next to him. I then kissed him on the cheek and told him how much we loved him and said good-by.

Most people learn about Alzheimer's disease from personal experience, such as my own with my stepfather. Although it is the worst possible thing to do, people usually panic when they discover that they or someone they love has the disease. In the initial stages, the patient may be very productive. The more he/she does, the better it is. Never patronize these wonderful people; don't belittle their intelligence or take away their dignity.

As the owner of a nutrition center, physical education instructor and coordinator for senior programs for Allan Hancock College, and a nursing home volunteer for over twenty years, it has been my experience that we as individuals can do much to support the Alzheimer's patients. No one knows exactly what they are feeling. We



may only imagine the frustration they must encounter when they try to communicate something and the words just can't find their way out. If you look into their eyes, you will see how they want to communicate with you. This is why it is so important to work with patients and constantly give them encouragement. An awareness must prevail in order to keep familiar things alive in their minds. Keep talking about their families, and although they may not recognize the faces of friends and family in photographs, repeatedly show them photographs and identify each individual by name. Take them out to plays, concerts, and lectures, or involve them in other things that they were interested in before they were diagnosed. Show compassion and love, and please touch them with understanding. Their minds need the stimulation, and their hearts still require love and encouragement.

Make a list of objectives, working towards short- and long-term goals. Work along with their vitality. Remember, providing an atmosphere that will enhance socialization is very important. One of the most important parts of the care-provider's role is to work with the medical staff, families, and anyone else who is intimately involved in caring for the Alzheimer's patients.

Here are a few tips that may help you with the care of Alzheimer's patients:



1. Use good body language and gentle moves (not abrupt ones). Smile a lot; use your hands in smooth motions. Speak in gentle, quiet ways. Remember body language is a form of communication.
2. Pay attention to what works for each individual patient. What helps one may not necessarily help another.
3. Alzheimer's patients lose peripheral vision, so do not startle them by approaching too quickly from behind or on either side.
4. Use eye-to-eye contact. Give them time to process information. Their eyes cannot process quick eye movement.
5. Sometimes they cannot differentiate food on the table. Help them by pointing out each item.
6. Always be prompt and follow through. If you say you're going to do something or go somewhere, do it!
7. Make sure the environment is similar to a home-like atmosphere—comfortable, warm, and inviting.
8. To help them with recall, encourage reminiscing activities.
9. Overmedication can be a serious problem and may add to their short-term memory loss. Be aware of that danger.

In closing, I would like to encourage you to use your love and intelligence with those afflicted. Honor them by respecting their wants as well as their needs. And never underestimate your power to help lessen their pain. You can make a world of difference where it really counts.



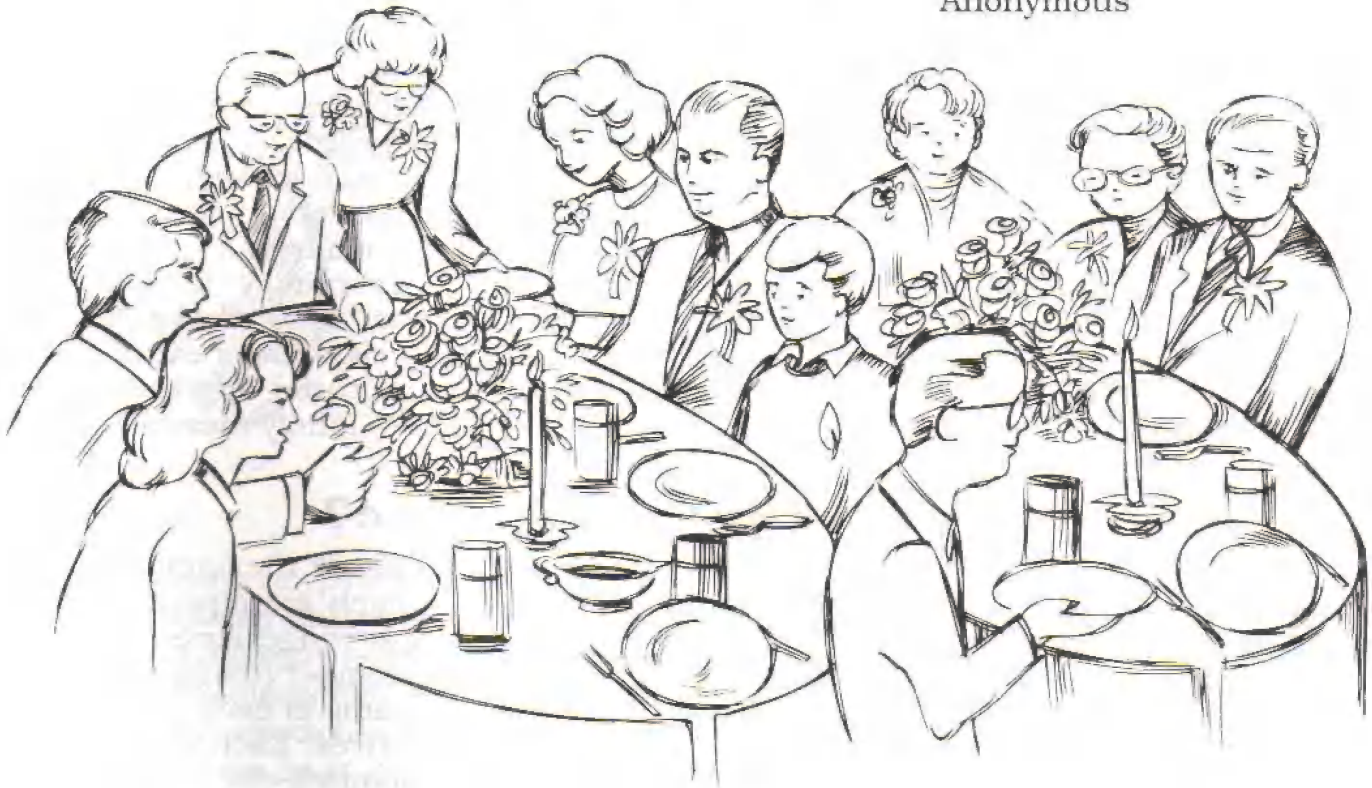


# Grandparents' Banquet

By Susan Julio, Wake Forest, NC

*"Grandparents bring to all a special kind of love . . . ."*

Anonymous



The tenth of September is National Grandparents' Day. Why not hold a banquet at a nice restaurant and make it a dressy affair? Help grandparents and grandchildren alike make this day special with these plan-ahead ideas.

## The Celebration

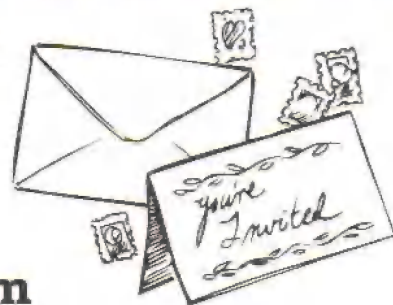
Keep these tips in mind when selecting your site:

- Select the best restaurant in terms of location and size. (Make sure it can accommodate all your anticipated guests.)
- Make certain the restaurant is "user friendly" for those in wheelchairs or with other special needs.
- Check out the menu. Are the choices suitable or alterable for folks on a special diet? Are the prices reasonable? Are there senior citizen discounts?
- Ahead of time, visit the restaurant at the hour you plan to have the party. Is it extremely busy or too noisy? Remember, a banquet involves a lot of talking. Will your guests be able to hear each other?
- What are the hosted or nonhosted options? Most restaurants have a fifty-person-or-less policy that will allow guests to order from a menu and be billed individually or in family groups. Larger parties may have to choose from a limited menu or buffet line. Sometimes the larger party option is best as it shortens the amount of time between ordering and serving of food.



## Spreading the Word

If you send out a monthly newsletter, include tentative plans ahead of time and then follow up with reminders. Send out invitations to family members several weeks before the actual event.



## Choosing the Program

Select an emcee who will welcome guests from the podium, give directions regarding the meal, introduce the program, and conclude the evening. The program might begin with an icebreaker activity followed by dining. The program should be kept under an hour, if possible, including concluding remarks and general conversation. Since the theme of the program is grandparents, ask residents or family members ahead of time to prepare performances: musical performances and skits accordingly. Ideas might include musical selections from the '20s, '30s, or '40s; skits that show what grandma or grandpa were like as teenagers; or shared memories of a special time or experience. You may even want to put together a slide show of residents pictured with their families. (Remember to take extra care of any slides borrowed from family members.)

## Who Shook the Family Tree?

An icebreaker or mixer idea that is fun to play is called "Who Shook the Family Tree?" Cut brown tree shapes from construction paper and write each grandparent's last name on a trunk. Place on tables to indicate family seating arrangements. Prepare enough construction paper leaves for each attending family member (using the same color construction paper for each family) and write the first name of each guest on a leaf. Pin a leaf (in random order) on each guest as he/she arrives. Each guest must



find the person with his/her name and family's color and switch leaves. When each family is "complete" (everyone has his/her own name and is grouped by color), have them use a glue stick or transparent tape to arrange the leaves on the paper tree. Finished family trees may become a corsage for Grandma! Another way to make this a very special event is to create designer menus! Check with the restaurant personnel to see if you may change menu items to include the names of the honored grandparents. For example, instead of regular beef brisket, you might substitute Beef Brisket à la Katie O'Donnell. Use a computer or calligraphy to make menus or buffet meal cards.

## Decorating and Final Touches

Arrive early at the restaurant to prepare table arrangements. If you are using a buffet, talk with restaurant personnel about food lines. It's best to have two lines, plus a line for replenishing empties. Most restaurants provide tablecloths and napkins, and some also do table arrangements. If you are doing your own table centerpieces, flowers and candles lend an elegant touch. No matter what menu, decorations, or program you plan, this banquet is sure to be a memorable experience for seniors as well as their grandchildren.

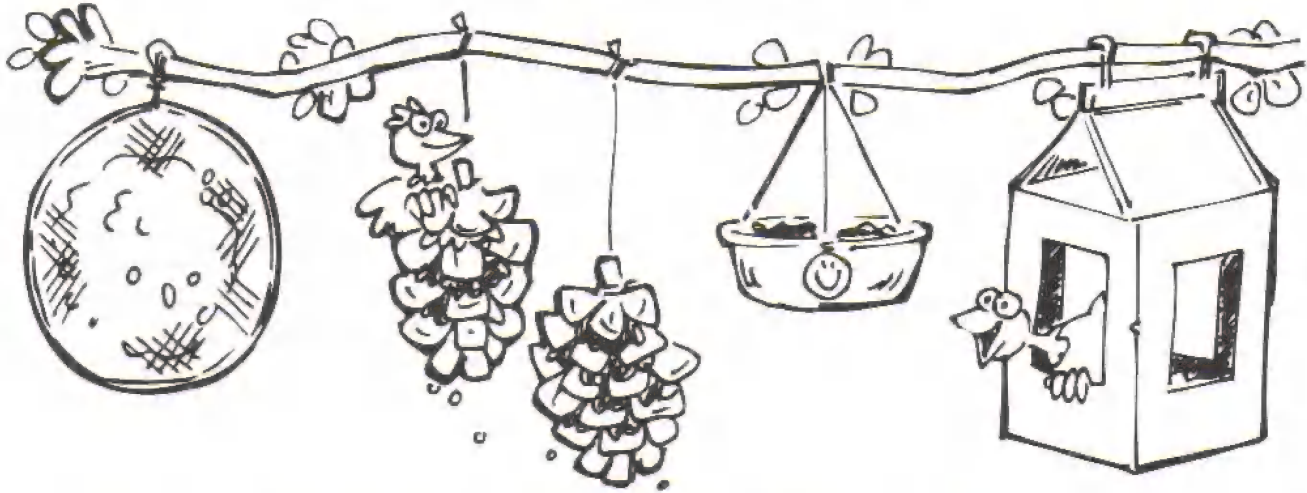




# September Crafts

## Feeding and Housing Our Feathered Friends

by Sue Stegenga, Sacramento, CA



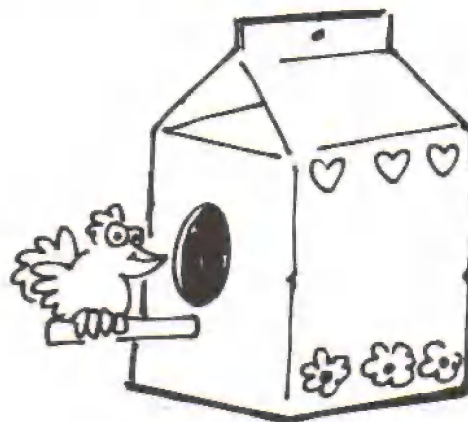
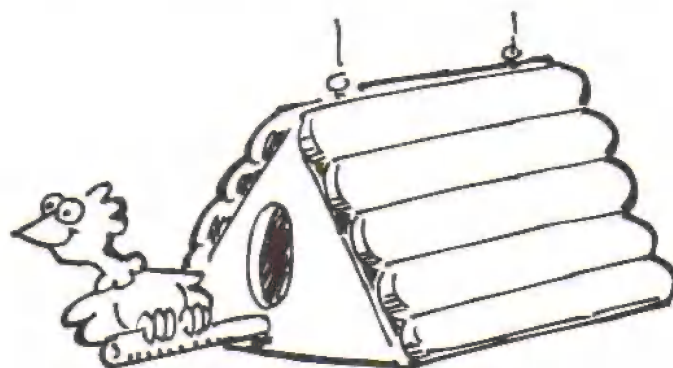
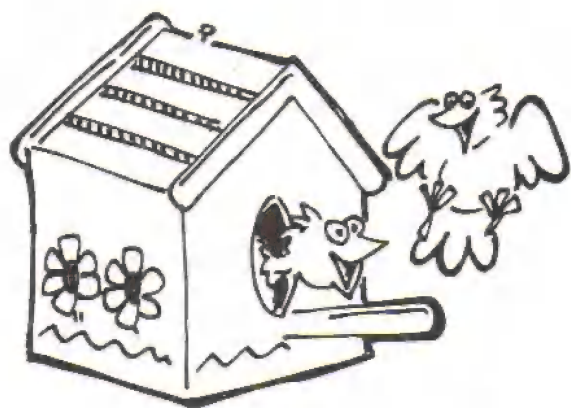
Bird-watching can provide hours of entertainment for residents. To attract birds, either buy pre-made bird feeding stations or have residents make simple feeders from milk cartons, plastic food tubs, plastic vegetable netting, or pinecones. Make sure containers used are thoroughly washed and dried. Residents may enjoy attaching decorative stickers to the outside of the containers. Someone with steady hands can punch small holes and insert wire for hanging feeders.

Residents may be in charge of filling the feeders and helping decide where to hang them. In general, the feeders should be hung on branches which are high enough (at least five feet) above the ground and at least eight feet from any fence posts from which cats or other predators might leap. The feeders should be sheltered from the wind and visible from a large window where residents may sit and watch the activity. They should not, however, be too close to the building because sudden movements from the inside might frighten the birds.

Autumn is an excellent time to start feeding birds; however, once you start feeding them, they will depend on this food source, particularly during the cold winter. Do not abruptly stop feeding them. Check out library books which describe types of food needed to attract specific kinds of birds. Or contact a wildlife society or visit a store which specializes in birds. You can purchase commercially prepared bird food such as birdseed and unsalted sunflower seeds. Suet (animal fat) is another source of quick energy and provides body heat, especially during the cold weather months. Since supermarkets sometimes do not cut their own meat, you may need to find a butcher who sells beef in sides and quarters and can provide suet or a suitable substitute. Peanut butter also provides protein and energy but should be combined with a mixture of suet or cornmeal, shortening, and flour to prevent the birds from choking. Small bits of bread crumbs also attract birds but have less nutritional value. If possible, provide a source of fresh unfrozen water which birds need after eating salty and dried foods. To prevent the spread of mildew and disease, make sure food is kept clean, fresh, and dry. Clean and scrub the feeders at least once a week with a disinfectant such as Lysol™. Be aware that suet and peanut butter will spoil easily if the climate suddenly becomes milder. This activity may not be interesting to all of your residents, but for a special few it may be extremely rewarding and make local birds very happy.



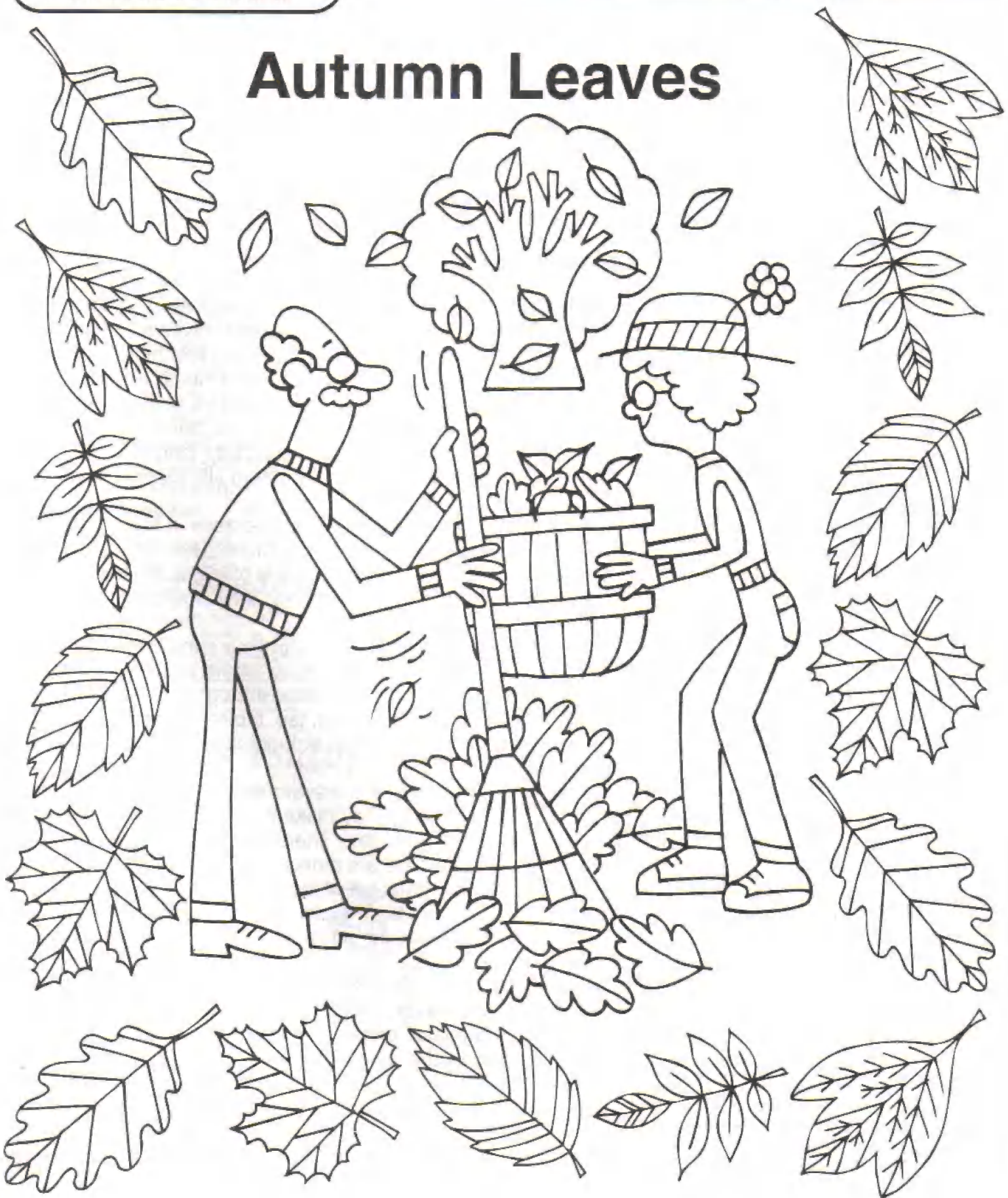
## "Home Sweet Home" for Feathered Friends



Providing shelter is another way of attracting birds during the fall and cold winter. Either purchase premade commercial birdhouses or have residents help make them from kits or basic materials. Residents who still possess sufficient manual dexterity and enjoy woodworking may want to create wooden houses. Check out library books which provide patterns, lists of the appropriate materials needed for construction, and descriptions of specific housing needs for the types of birds in your area. Make simple birdhouses from containers such as empty, clean milk cartons or plastic jugs. If you paint birdhouses, use muted natural colors such as dark green, gray, or brown. White also seems acceptable to birds. So birds are not exposed to toxic fumes, make sure painted houses are thoroughly aired out before posting them. Residents may wish to decorate the houses with stickers, decals, permanent ink stamps, or painted stencil designs. To attract birds, the houses should not be decorated too brightly and should be kept as natural as possible. Drill several  $\frac{1}{4}$ -inch holes in the front side of each wooden house between the roof and the entrance hole, but not below the entrance or it will be too drafty. Drill several  $\frac{3}{4}$ -inch holes in the floor to drain off any accumulation of moisture. Have someone with a steady hand cut out the hole for the bird's entrance. Make sure that the hole is just right for the size of the bird you are trying to attract. Attach a stick or wooden dowel for a perch near the entrance hole. If possible, place each house on a post and put a metal sleeve around each base to keep cats from climbing up to the birdhouse. Set the post and birdhouse at least eight feet away from a tree or fence from which a cat might jump. Face the entrance away from the direction of the prevailing winds. If houses are arranged so they can be viewed from a large window, residents will be able to pass many pleasurable hours watching the activity. This spring, your birds in residence may provide fledglings for everyone to watch. How exciting that will be!



# Autumn Leaves





# Autumn Leaves

by Edith E. Cutting, Johnson City, NY



How do you feel when you see the first colored leaves in the fall? Do you say, "See that gorgeous red branch!" or "Oh, dear, winter is coming!"

I always like to watch for the colors, especially the reds. The sugar maples of New England and the Adirondacks in New York State have the most brilliant reds, though those bright leaves may be the first to fall. Along the side roads, there may be banks of sumac shrubs eight or ten feet high that turn to masses of red. The sheen of gold usually comes from birches, with their slim white trunks, or poplars or aspens, perhaps on the mountains of Colorado. Their gold shivers and glitters even when there's hardly a breeze. Some of the richest colored leaves are on ash and oak trees, deep maroon, warm brown, or even almost purple. Have you seen those velvety colors on a hillside long after the bright reds and yellows are gone? Oaks hold their leaves the longest, many of them still rustling in the wind when snow lies on the ground.

The leaves that I most remember seeing fall were the ones on the ginkgo trees in front of a school where I taught. Ginkgo trees are not native here; they were brought from China. Their little fan-shaped leaves turned sunshiny yellow in the fall. One day, late in September or early October, the leaves would all fall together, even without a breath of wind to loosen them. Suddenly, they would begin to flutter down, making a circle of gold on the ground around each tree.

And I remember the sounds of autumn leaves! Can you hear them in your mind? Hear the rustle and crunch when you walked through the woods, or even along a sidewalk where leaves had not been swept away. Or there was the whisper, when only a little breeze wandered through the branches, barely touching the leaves against each other. Do you remember the tap, tap, tap of vine leaves around a window casing? And you may remember one year's wild wind that brought storms of leaves whirling and beating around you, leaving the branches bare and cold for winter.

Of course, not all trees lose their leaves in the fall. There are the evergreen trees that don't change color or drop their needles when other trees do. On the hills they make a dark green background for the reds and yellows. What they do drop, though, are their cones. There are the tiny cones, little jewels not even an inch long, from the hemlock trees. And there are pinecones, six or eight inches long, sticky with pitch. When I was a child, we used to gather bags full of these big cones, some to keep in our woodshed, and some to give neighbors who were not able to gather for themselves. Those pitchy cones made good kindling in our wood stoves. If the fire went out overnight, a few pinecones and a match soon had it flaming again.

I haven't even mentioned the shapes of autumn leaves. Picture them in your minds, or draw or paint the ones you remember: the jagged maple and oak leaves, the long narrow spray of sumac leaves opposite each other, the smooth ovals of birch and poplar. Listen and look. Remember the leaves of your childhood, the leaves of some treasured place, or the leaves of one special time. Which ones do you remember in your heart?

## Discussion Questions:

1. Do you remember the colors on any special tree where you grew up?
2. Was raking leaves in the fall just a chore, or did you enjoy their crackle and crunch?
3. Do you remember the smell of burning leaves?





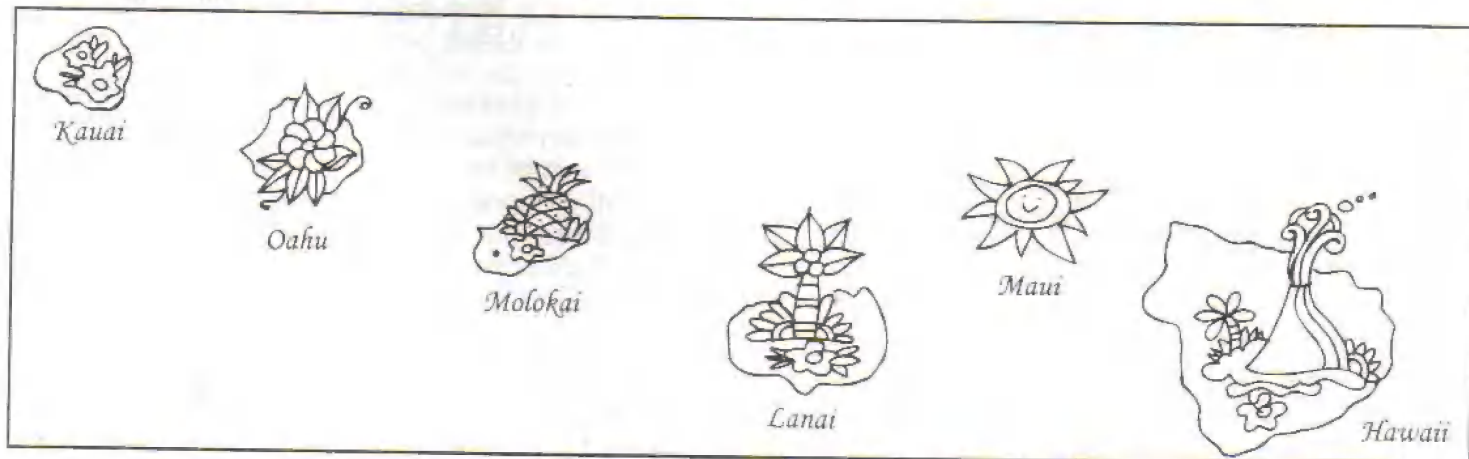
## A Five-day Hawaiian Cruise

by Kathy J. Jones, Lakewood, CA

Aloha! What a wonderful way to end the lazy days of summer and welcome an active autumn cruise! For five days, your residents may take an imaginary Hawaiian cruise without ever leaving the confines of your facility. Here's how. Before the cruise, let the families of your residents know about the imaginary cruise you are planning for their loved ones. Encourage the families to supply them with any muumuus, Hawaiian shirts, hats, or other Hawaiian garb that would make them feel more a part of the festivities. Beach towels and blankets will be welcome. Make sure all items are properly labeled so that they may be returned to the correct owners at the end of the cruise. And if any family members are great gardeners, welcome all flower donations, especially hibiscus and carnations. Alert the staff to be Hawaiian scavengers the week preceding the cruise! Find anything and everything that will turn your facility into a cruise ship en route to a Polynesian paradise!



## Map of the Islands



Have a bulletin board or some other large wall area covered with a simple map of the islands. Enlarge this map of the islands. With pushpins and yarn, chart the planned course of the cruise, beginning on the Big Island of Hawaii. Day Two will see the residents sailing to Maui, with a visit to the smaller islands of Molokai and Lanai on Day Three. Day Four will be set aside for the beautiful island of Kauai, the Garden Island. The S. S. *Fantasy* will end its five-day journey on the island of Oahu, the Gathering Place.



# Day One—Bon Voyage Party and the Big Island

Welcome aboard the *S.S. Fantasy*! For the next five days we'll make believe we're cruising the most beautiful islands on earth—the islands of Hawaii. On the way to our first destination, the Big Island of Hawaii, make sure each resident has the traditional welcome symbol of the islands, a beautiful lei. The bon voyage party may begin with those residents who are able to help the staff make simple leis. They do not have to be made of flowers. But, if at all possible, find some local florists who are willing to donate flowers, at least ones they would normally be discarding at the close of a business day. Carnations especially would be easy to string on sturdy, nylon or polyester thread and make full, lovely leis. But if flowers are not available, leis may be made from various colors of tissue paper, cut in five- to eight-inch squares and crumpled before inserting the needle and thread through the center of each crumpled piece. Even inexpensive facial tissue in a variety of pastel colors may be crumpled and strung together for a lovely lei effect. Strings of popcorn or green leaves may also be used as substitute leis. Also novelty and party supply stores often carry simple leis made of plastic material at a nominal cost.

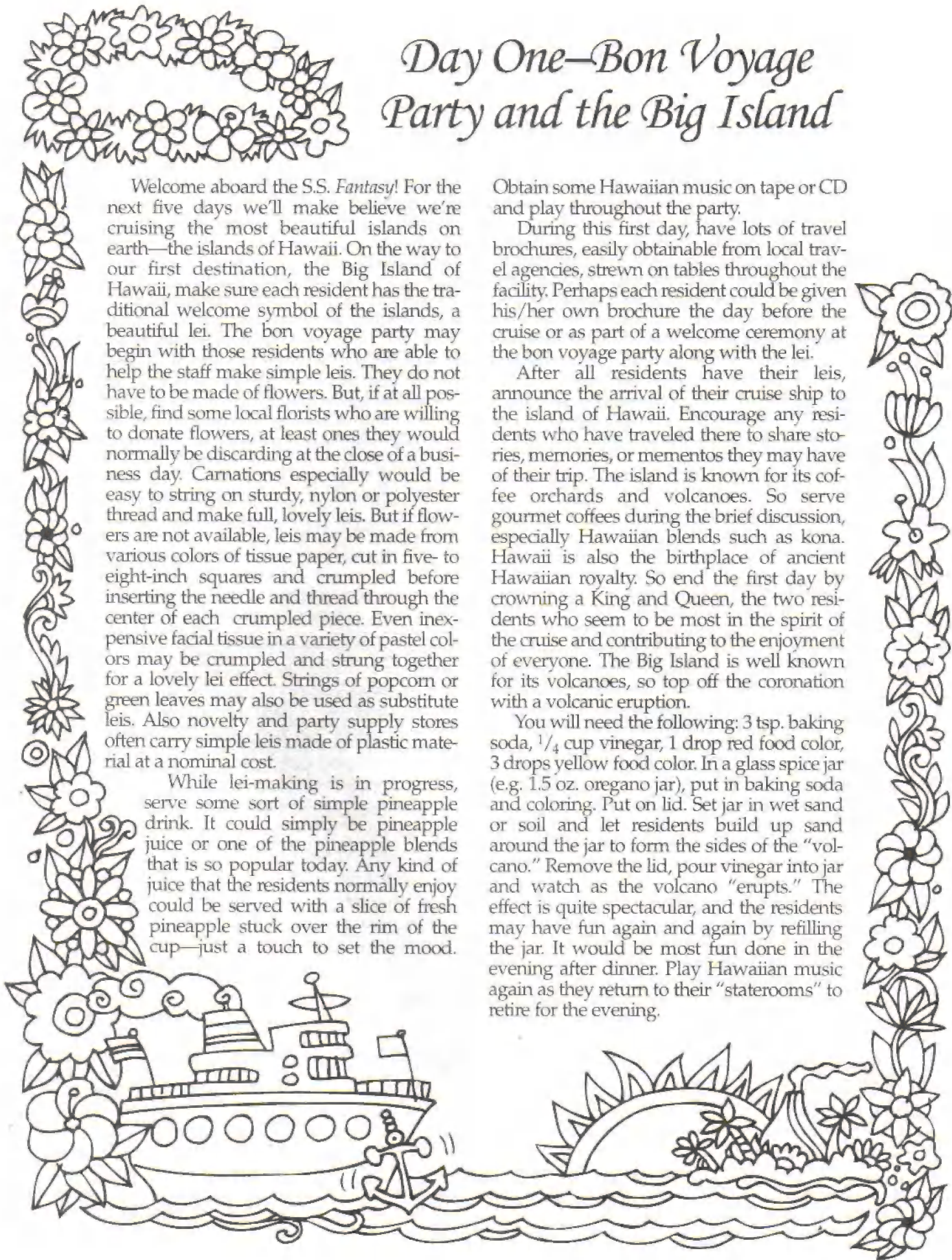
While lei-making is in progress, serve some sort of simple pineapple drink. It could simply be pineapple juice or one of the pineapple blends that is so popular today. Any kind of juice that the residents normally enjoy could be served with a slice of fresh pineapple stuck over the rim of the cup—just a touch to set the mood.

Obtain some Hawaiian music on tape or CD and play throughout the party.

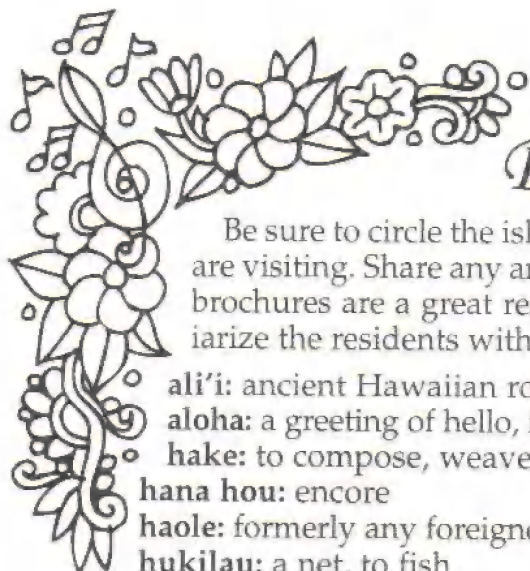
During this first day, have lots of travel brochures, easily obtainable from local travel agencies, strewn on tables throughout the facility. Perhaps each resident could be given his/her own brochure the day before the cruise or as part of a welcome ceremony at the bon voyage party along with the lei.

After all residents have their leis, announce the arrival of their cruise ship to the island of Hawaii. Encourage any residents who have traveled there to share stories, memories, or mementos they may have of their trip. The island is known for its coffee orchards and volcanoes. So serve gourmet coffees during the brief discussion, especially Hawaiian blends such as kona. Hawaii is also the birthplace of ancient Hawaiian royalty. So end the first day by crowning a King and Queen, the two residents who seem to be most in the spirit of the cruise and contributing to the enjoyment of everyone. The Big Island is well known for its volcanoes, so top off the coronation with a volcanic eruption.

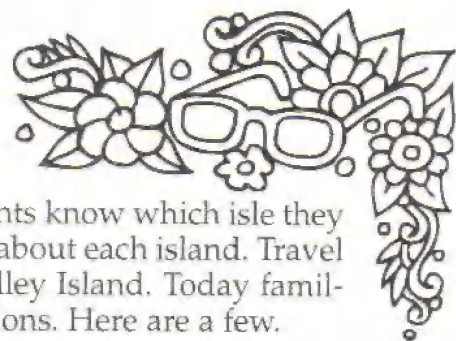
You will need the following: 3 tsp. baking soda,  $\frac{1}{4}$  cup vinegar, 1 drop red food color, 3 drops yellow food color. In a glass spice jar (e.g. 1.5 oz. oregano jar), put in baking soda and coloring. Put on lid. Set jar in wet sand or soil and let residents build up sand around the jar to form the sides of the "volcano." Remove the lid, pour vinegar into jar and watch as the volcano "erupts." The effect is quite spectacular, and the residents may have fun again and again by refilling the jar. It would be most fun done in the evening after dinner. Play Hawaiian music again as they return to their "staterooms" to retire for the evening.







## Day Two—Maui



Be sure to circle the island on the large map so the residents know which isle they are visiting. Share any and all information you may obtain about each island. Travel brochures are a great resource. Maui is nicknamed the Valley Island. Today familiarize the residents with some common Hawaiian expressions. Here are a few.

**ali'i:** ancient Hawaiian royalty

**aloha:** a greeting of hello, farewell, love, kindness, affection or goodwill

**hake:** to compose, weave, or arrange, as a lei

**hana hou:** encore

**haole:** formerly any foreigner, now primarily Caucasians

**hukilau:** a net, to fish

**hula:** native Hawaiian dance

**kahuna:** priest, minister, expert in any field

**kane:** man

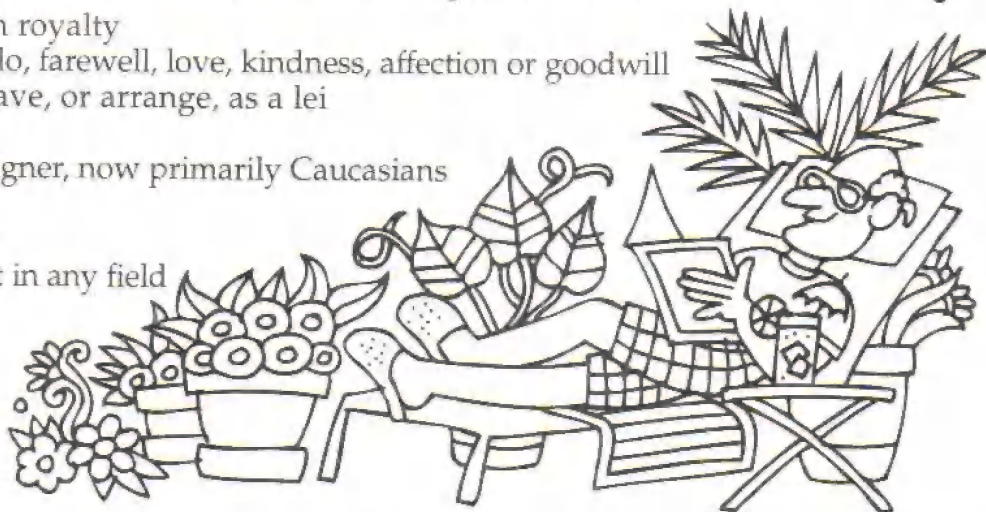
**wahine:** woman

**'ohana:** family

**kupuna:** grandparent

**'ono:** delicious, tasty

**mahalo:** thank you



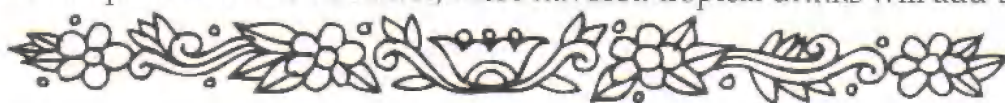
Rent and show the film *Hawaii*, starring Max von Sydow, Julie Andrews, and Richard Harris. It is based on the epic James Michener novel about the early days of missionary work and white settlement in Hawaii. For those more interested in reading or in being read to, provide "deck chairs" in a sunny, outdoor area. They could be simple folding chairs with a second one to put one's feet on or lawn chairs, if available. Cover with colorful beach towels and blankets if residents have them. Play some Hawaiian or Polynesian music during this relaxing time. Maui is a favorite place of whale watchers, so check out some books on whaling and make them available too.



## Day Three—Molokai and Lanai

Make sure the residents know where they are on the large map and are still wearing their hats, shirts, and/or leis in order to remain in the spirit of their "cruise." Molokai is nicknamed the Friendly Island. This would be a good day to invite someone of Polynesian descent to share stories about their culture and family tradition. Likewise, conduct some icebreakers during which the residents may share some of their family stories and traditions, especially about family vacations and cruises they may have taken. Remind residents they are visiting the Friendly Island today and should take the time to be extra friendly to their neighbors. Today, make it everyone's goal to find out at least one thing about someone he/she didn't know before.

Lanai, by contrast, is known as the Private Island. Formerly, it was known as the Pineapple Island and owned almost entirely by Dole Food Company. Though it has just recently opened up as a resort island, it is still primarily owned by Dole. Make sure fresh pineapple and bananas are served throughout the day in honor of this tropical fruit paradise. Papaya, mango, and passion fruit juices are also found in most frozen juice sections of supermarkets. If available, these flavored tropical drinks will add to the delight of the day.





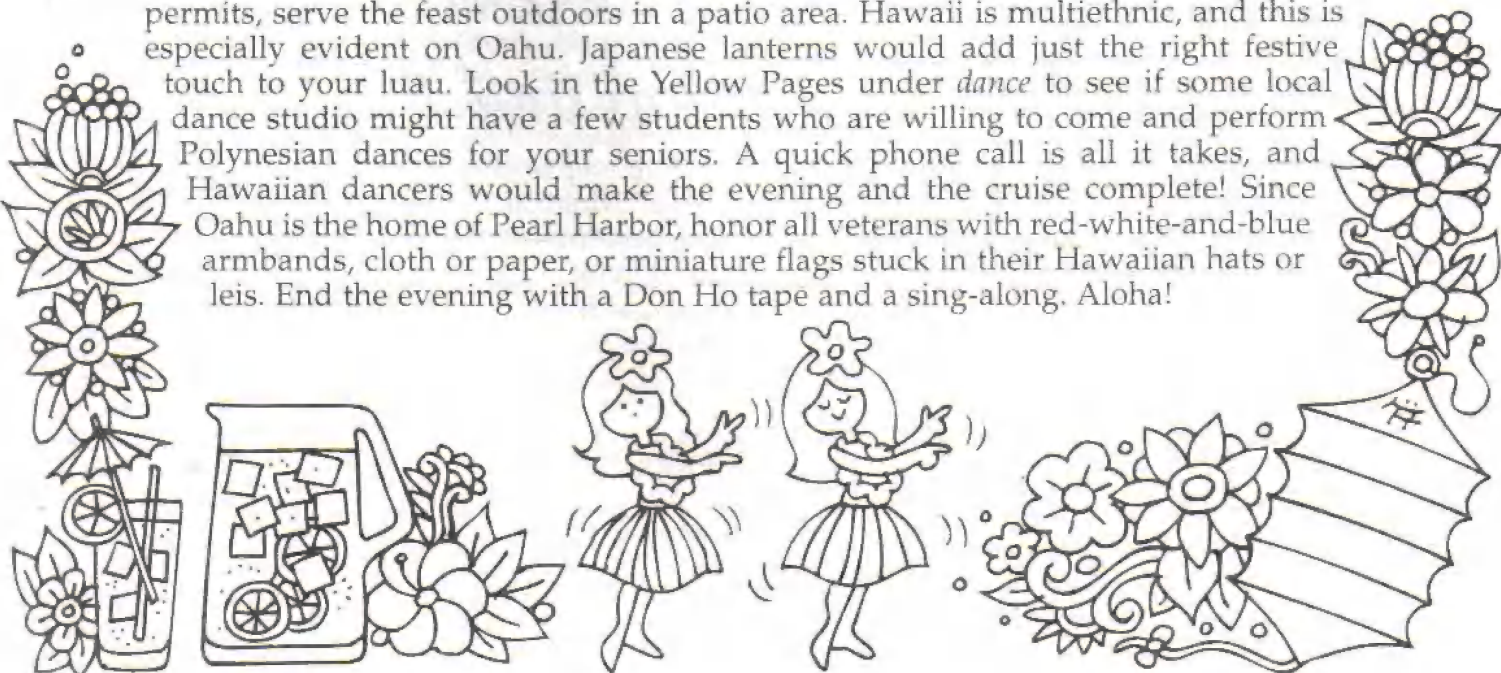
## Day Four—Kauai

Kauai is known as the Garden Island. Provide as many fresh flowers and plants as possible to adorn the gathering area at your facility. If the leis from the first day have withered, perhaps the residents may enjoy repeating the activity, and Kauai is the perfect island for it. Any gardeners among your residents should be encouraged to share their green thumb feats. Perhaps they have a picture of a prize-winning tomato or rosebush that could be pinned to the board near the Garden Island. Kauai also boasts Hawaii's oldest and largest coconut grove. Make sure at least one fresh coconut is available for tasting. Once the coconut shell has been removed, see if you have an energetic soul who will hollow it out, to demonstrate how it can be used as a musical instrument. If fresh coconut is not to the liking of the residents, serve coconut cake or pie today.



## Day Five—Oahu

The last day of our *S.S. Fantasy* cruise will wind up on Oahu, the Gathering Place. Plan a luau for the residents. If any staff member or their families are of Polynesian ancestry, call on them to help plan the menu to be as authentic as possible without disrupting the residents' normal diet too much. Include lots of tropical fruit, a pork and/or fish dish, rice, tropical juice drinks and umbrellas, if obtainable. If weather permits, serve the feast outdoors in a patio area. Hawaii is multiethnic, and this is especially evident on Oahu. Japanese lanterns would add just the right festive touch to your luau. Look in the Yellow Pages under *dance* to see if some local dance studio might have a few students who are willing to come and perform Polynesian dances for your seniors. A quick phone call is all it takes, and Hawaiian dancers would make the evening and the cruise complete! Since Oahu is the home of Pearl Harbor, honor all veterans with red-white-and-blue armbands, cloth or paper, or miniature flags stuck in their Hawaiian hats or leis. End the evening with a Don Ho tape and a sing-along. Aloha!

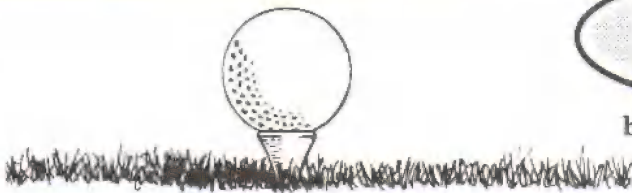




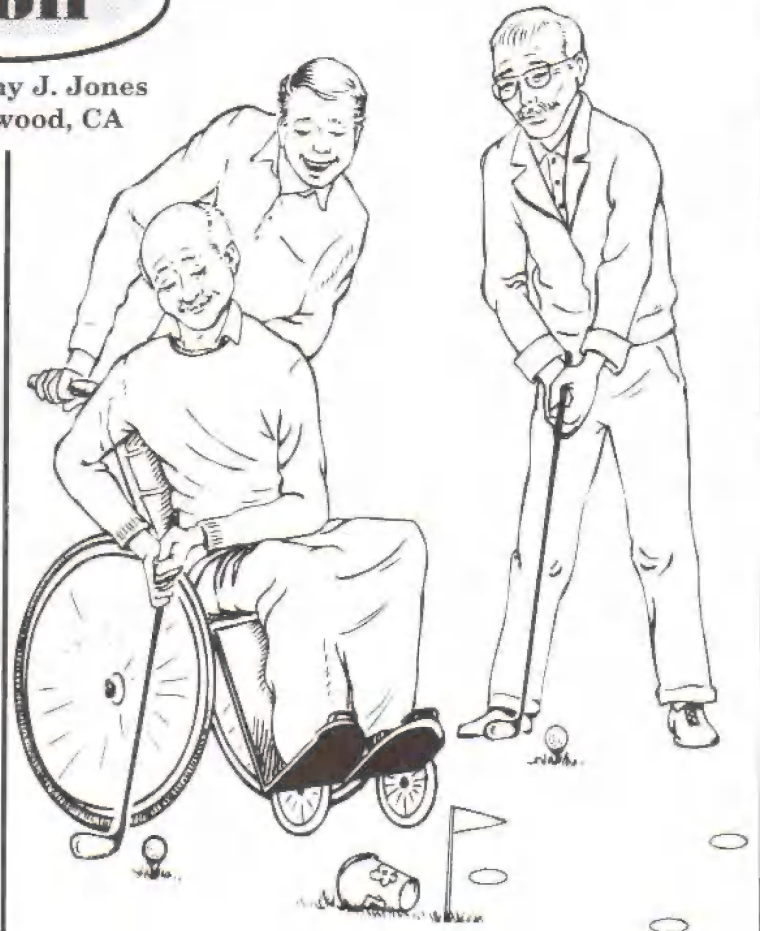
# Saturday Evenings Past

## Golf

by Kathy J. Jones  
Lakewood, CA



*Though summer days are fading fast, there are still plenty of warm, whimsical evenings left during which your seniors may want to "putter around" in the twilight hours. Many of the residents may very well have been golf enthusiasts during their more active years. It's a favorite sport among retirees. But you don't need a golf cart or expensive golf clubs to bring back some of those great golf memories. Here are a few suggestions to have some great golf activity at your facility in a safe and fun environment for your seniors. It will also give many of them some much-needed exercise!*



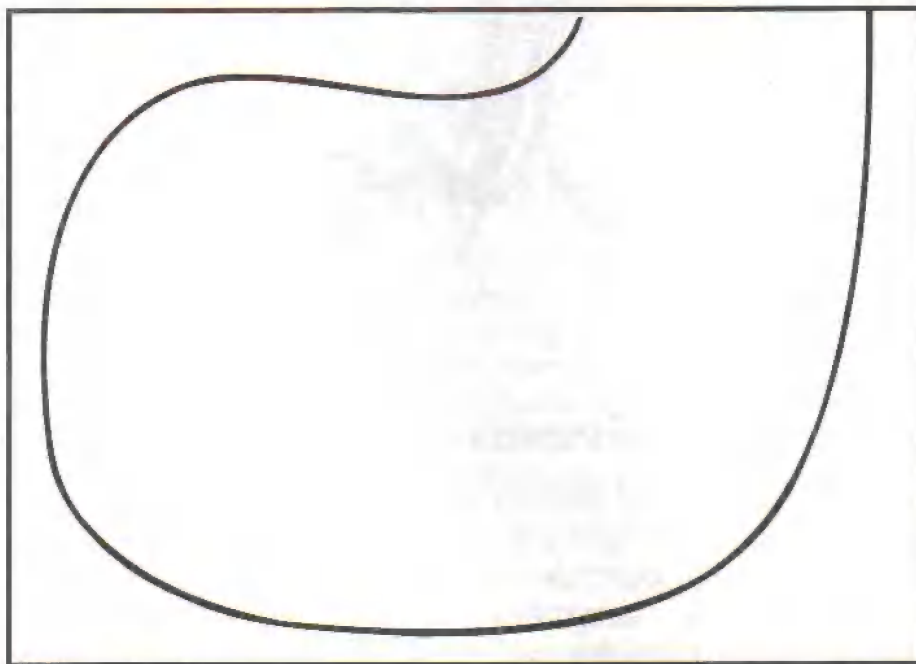
### The Putting Green

This would be a great pastime for your more active residents. Obtain some old putters from a thrift store, or a note on a bulletin board might secure some from family members of your residents. Some golf balls might be purchased or possibly donated from a golf course if you have one in your area. Golf balls are made in a variety of colors nowadays, so some fluorescent pink or green balls might be extra fun for your seniors to use. You can turn an outdoor grassy area into a putting green. But if there are no such areas at your facility, a carpeted hallway will do. Or you could turn a cemented patio area into a putting green with a wide strip of indoor-outdoor carpeting purchased (or donated) from a home improvement store. Once you've created your "green," you can lay paper cups on their sides for the "holes." Encourage the participants to practice their putting. Don't let them get discouraged if they can't get the balls into the cups at first. Use shortened distances and larger cups if necessary. As the seniors improve their putting skills, increase the distances on the putting green and use smaller cups, not much larger than the diameter of the golf ball. Eventually, some friendly competition among the putters could be fun. Arrange a tournament. Post the results. Reward all participants!



## The Driving Range

This could be a bit tricky and only appropriate for your most active, most mobile residents. But it could still be a very safe and very fun part of their in-house golf experience. To insure safety, use small, soft foam rubber balls or something extremely lightweight like a Ping-Pong™ ball. In place of traditional clubs, a lightweight "driver" could be fashioned from a piece of dowel or an old broomstick handle. From the pattern below, cut two pieces of cardboard in club shapes and attach to opposite sides of the dowel or stick at one end with a hot glue gun. Now, armed with their clubs and balls, let the seniors drive away in the hallways, on the grass, or on the patio. Measure their distances. Keep track of their improvement!

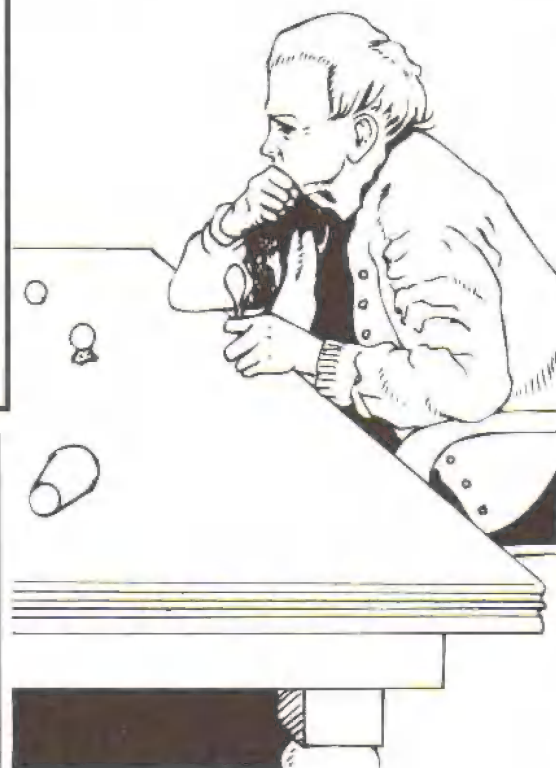


## Miniature Golf Course

For both indoors and outdoors, set up a miniature golf course with nine holes or fewer if space is limited. Set up a standard for each hole (par 4, par 5, etc.) and see how many strokes it takes the residents to get the balls in the cups. Obstacles could be chairs, commodes, laundry bags, etc. A tabletop version could have the seniors shooting around saltshakers, cups, or jars.

## Tabletop Golf

We can't leave our less mobile or wheelchair residents out of all the fun! With pencils or spoons for clubs, and marshmallows or Ping-Pong™ balls as golf balls, create a golf course on the dining room table or on any large table that is available. Create a putting green with small paper cups, and a driving range complete with golf tees. The tees could be secured to the table with small balls of clay or homemade paste of flour and water. Set the marshmallows or Ping-Pong™ balls on the tees, and let the seniors drive away. Measure the distances. Record improvements. Let residents take turns being the "caddy" who retrieves the balls.





# Let's Meet Grandma Moses



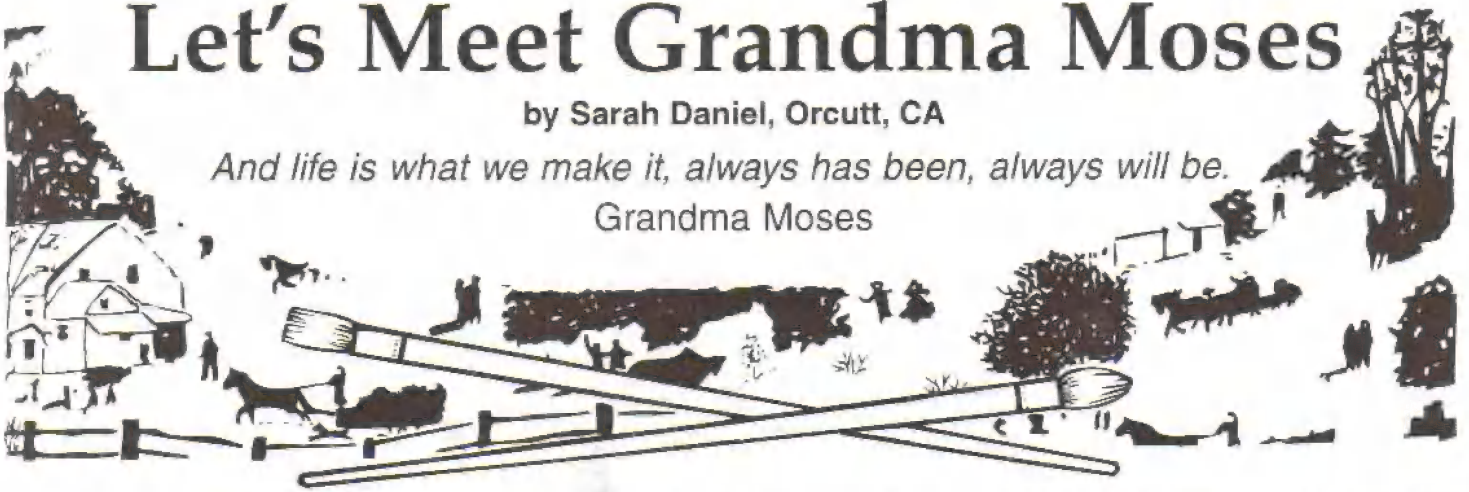


# Let's Meet Grandma Moses

by Sarah Daniel, Orcutt, CA

*And life is what we make it, always has been, always will be.*

Grandma Moses



Anna Mary Robertson was born on a farm in Washington County, NY, in 1860. Her mother wanted to call her Anna Mary after her two sisters, but her father wanted to name her Sarah. So until she was six years old, she was just called Sissy. After that everyone called her Anna Mary. The name she liked best wouldn't come until she married Thomas Moses, grew old, and had many grandchildren.

She grew up in the country doing things that little girls do. When she was seven, she saw her first thunderstorm. She remembered that it was scary but exciting. She was told that if the house went, she was to run to the orchard and cling tightly to one of the young trees because their roots would hold. Ninety years later when she looked back on her childhood, she recalled, "Those were my happy days, free from care or worry, helping Mother, rocking sister's cradle, taking sewing lessons from Mother, sporting with my brothers, making rafts to float over the millpond, roaming the wild woods, gathering flowers, and building air castles."

When she was twelve, she put her carpetbag, with her only change of clothes, into a wagon and climbed up next to her father who drove her to a new job as a "hired girl." The home where she worked was filled with fine paintings and expensive and fancy furniture. Perhaps it was this early exposure to great works of art on the walls in every room that later gave her the desire to paint.

In 1887 she married Thomas Salom Moses. She remembered it as a very special day. Her sister brought her yellow chrysanthemums. Her brother Joseph drove her to the train and gave her a silver dollar he had kept since he was a child. Thomas and Anna Mary were happy and raised a family. Later, when summing up her life's accomplishments, she said she had raised her kids to enjoy God's good earth, and she had married a "good man."

At the age of seventy, when her hands were crippled with rheumatism and she could no longer do fine needlework, she picked up her first paintbrush. She painted just for fun at first, but then she started selling her paintings at the nearby drugstore for two dollars each. One day a man came along and bought all four that were for sale and wanted to know all about Grandma Moses. Her story soon spread, and other people wanted to buy her paintings too. Grandma Moses lived a rich and colorful life. Courageous and kind, she spent one hundred and one years on this earth that she loved to paint so much.

## Discussion Questions:

1. Grandma Moses was known by several names. What are the names you have been called during your lifetime?
2. Can you recall advice you were given as a child for dealing with a storm or scary situation?
3. What do you remember about your wedding day?
4. Can you remember a time when someone gave you a treasure such as a silver dollar?
5. Do you think people are ever too old to learn new ways of self-expression?



*October is National Communicate with Your Kid Month, National Dental Hygiene Month, National Pizza Month and National Popcorn Poppin' Month*



**1-7** National Health Care Food Service Week begins today. Here is a chance to recognize those who are dedicated to providing healthful foods for institutions. Honor your food service people this week by preparing and serving them a meal or a dessert. A few of the residents might enjoy helping plan and prepare the surprise.

**2** Book It! National Young Readers Day is today. Read the ideas for setting up a storytelling hour in your facility on page 8. This might be the perfect way to entertain preschool children while their

mothers visit residents.

**3** Today is the birthday anniversary of Chubby Checkers (Ernest Evans). Remember the twist? Chubby made the twist popular in the '60s. Even if your seniors don't remember the twist, it is a great dance for exercising the upper part of the body. Almost anyone can do it, even those in a wheelchair! Enjoy a twist party today.

**4** Remember the Bobbsey Twins, the Hardy Boys, Nancy Drew and Tom Swift? Do you know the name of the creator of these series of chil-

dren's books? Using about sixty pen names, Edward L. Stratemeyer produced more than eight hundred books. Imagine that! How high would a stack of eight hundred books reach? Make some of these books available for reminiscing today. It might be an ideal time for a Classics and Coffee get-together. See organizational hints on page 8.

**5** Who was the twenty-first president of the United States? It's his birthday! See Mystery Birthday Badges on page 47.

**6** This is National German-American Day. Do you have some residents of German origin? Meet in small groups to share each resident's heritage. Begin plans for visiting a harvest or heritage celebration held in your community this month. See the ideas on page 30.

**7** Annually, the first weekend in October is the American Heart Walk. Nationwide more than 200,000 participate. Make patients aware of the importance of exercise for preventing heart disease by conducting your own heart walk. Give everyone who takes a

walk today, no matter how short it is, a paper heart that says, "I Care About My Heart." See the pattern for the award on page 47. This might be a good day for the activity sheet "Hobbies and Interests" on page 45.

**8** This is Fire Prevention Week. Do you have regular fire drills? Conduct a fire drill today. Discuss some fire safety rules. Invite a fireman to talk to residents.

**9** This is National Pet Peeve Week. Instead of concentrating or complaining about what we don't like, use the "Things That Bring Me Happiness" activity sheet on page 46 to accentuate the positive. If a pet peeve or gripe session would be therapeutic for your residents, make sure they get an opportunity to vent their negative feelings.

**10** Today is the birthday anniversary of Helen Hayes. In her honor, declare this Happy Helen Day. Do you have a Helen in residence? If not, choose another first name that begins with the letter "H" and surprise him/her with an unbirthday cake, a silly song, or notes of appreciation. Here Comes Harry,



Hooray for Herbert, or Hold on Hillary! might be your theme for this special day.

**11** Who was called the "First Lady of the World"? Wear the appropriate Mystery Birthday Badge on page 47.

**12** The second Thursday in October is set aside by many to focus on the pleasures of sweet and luscious desserts. This is also Columbus Day! To celebrate the famous explorer, arrange for an afternoon tasting party. Serve coffee and an array of delicious desserts cut in bite-sized pieces so residents may taste them all!

**13** Today is Friday the Thirteenth! Serve Lucky Charms™ cereal at breakfast. Find out if this day is considered lucky or unlucky for residents by taking a vote. Make it a lucky day for everyone by holding a discussion, "The luckiest thing that ever happened to me." Make a list of things people use as lucky charms. Pass out paper cutouts of rabbit feet, horseshoes, or four-leaf clovers.

**14** Do you know that the average per-

son eats seven whole pizzas each year? Have you eaten your quota? A quick and easy craft project is to make paper plate pizzas. Give everyone a paper plate to which they can glue colorful pictures of foods cut from magazines. Who can create the weirdest pizza? Have you ever seen a French fry and strawberry shortcake pizza or a glazed donut and cabbage pizza? Have fun creating unique paper pizzas. Since this is National Pizza Month, make sure everyone gets to enjoy his/her favorite food at least once!

**15** Annually the fifteenth of October is National Grouch Day. Honor those who like to wear their misery on the outside. Keep in mind that for some, being grouchy is an appropriate way to deal with their unhappiness. Remember famous grouches: Ebenezer Scrooge, Grumpy the Dwarf, Dr. Seuss' Grinch, etc. Reminiscing favorite holidays may make a grouchy day a little bit merrier. Pass out the activity sheet, "Holiday Happenings," on page 44. Follow up with a discussion about unique ways the residents spent childhood holidays.

**16** It's Oscar Wilde's birthday anniversary. Recruit interested residents to read aloud parts of the play *The Importance of Being Earnest*. Sometimes impromptu readings are a real treat. Or hold a group discussion about "the time being earnest got me in BIG trouble."

**17** This is National Popcorn Poppin' Month. Celebrate with a popcorn party. Begin by doing the "International Popcorn Quiz" and "Popcorn Inventions" activities on page 34. Then pop some corn. Provide some of the new and interesting popcorn toppings that the residents dreamed up and individual bowls or bags of popcorn for each resident. Let everyone create and sample an international popcorn recipe. Rent a video and settle everyone in for a great "night at the movies."

**18** Since this is National Communicate with Your Kids Month, encourage residents to write letters to their children. Provide attractive note cards and envelopes. For those who cannot or prefer not to write, make sure they have the opportunity to tele-

phone their children. Wear a badge that asks, "Have You Communicated with Your Kids Today?" See badge pattern on page 47.

**19** Today is the birth anniversary of Annie S. Peck, world-renowned mountain climber. At the age of 61 she climbed Mt. Coropuna (21,250 feet) in Peru. She also held the record for climbing the highest peak in the Western Hemisphere by an American man or woman. Hold a group discussion today on "the greatest physical feat I ever accomplished."

**20** This is National Dental Hygiene Month. Try to locate a dentist who is willing to come to the facility to check teeth and/or give a talk. Make sure everyone has a brand-new toothbrush today.

**21** This is Make-a-Difference Day. The Sunday supplement, "USA Weekend," sponsors this day of community service. Over half a million people nationwide will participate. You make a difference every day as you are working with residents. Declare this a day to honor your staff and yourself.



Although you may seldom hear it, you are making a difference in many lives with the loving care you give your seniors.

**22** Annually the fourth Sunday in October is set aside to honor mothers-in-law. Since mothers-in-law often get "bad press," make this a day to clear the air. Invite spouses of residents' children for a mothers-in-law luncheon. Hold a group discussion and let mothers-in-law share the good things they have done for the spouses of their children. Or for a more reminiscing approach, encourage everyone to share stories about his/her own mother-in-law. Residents may enjoy drawing pictures and making lists of redeeming qualities of their mothers-in-law.

**23** There are many pumpkin festivals this time each year. Use the pumpkin craft ideas on page 31 to celebrate the terrific autumn custom of carving and decorating pumpkins.

**24** United Nations is fifty years old today. Have fun with the "Hopping Around the Globe" work sheet on page 43.

Allow time for coloring maps and make sure they are saved for everyone to include in his/her "Hooray for Me" scrapbook. Follow up with an armchair tour. See helpful hints on page 30.

**25-31** National Magic Week begins today. Over eight thousand magicians will be performing at hospitals and nursing homes all over the country. Arrange for a magician to mystify your residents this week. Do any of the residents know a card or number trick? Don't forget to give your magician in residence the spotlight too.

**26** There will be a Limousine Scavenger Hunt in Tacoma, WA, today. People in costumes will travel around town in a limousine in search of items on their lists. For your own private indoor hunt, see the "Witch's Brew Scavenger Hunt" idea on page 35. If residents are going to dress up for Halloween, share the easy costume suggestions on page 36.

**27** Tonight after dark, at Jefferson College, Washington, MS, students will sit around a bonfire and

tell ghost stories. Plan a "ghost tales" party for your residents. You may find good ghost stories to read in books at the library, or encourage residents to share their own original ghost stories. Halloween season just wouldn't be Halloween without some frightening ghost stories, would it? An idea for "The Legend of Sleepy Hollow" read-aloud sessions is found on page 36.

**28** It's almost Halloween. Celebrate the pumpkin today with toasted pumpkin seeds (recipe on page 36), pumpkin pie, or pumpkin bread.

**29** In preparation for Halloween, let everyone make a mask. See the easy mask crafts on pages 32 and 33.

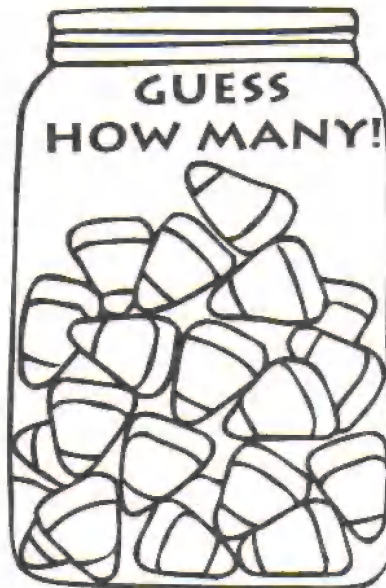
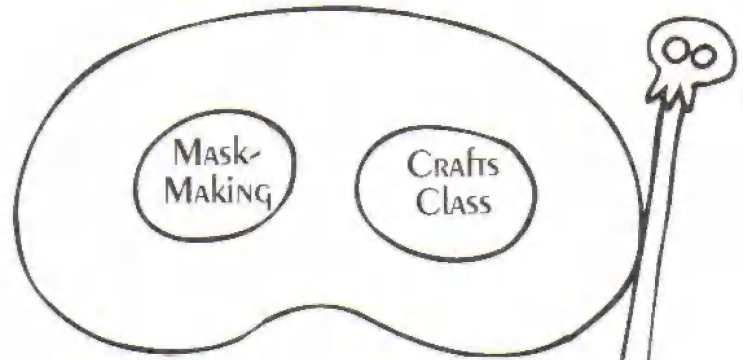
**30** Who was the second president of the United States? Wear a Mystery Birthday Badge today. See page 47.

**31** It's Halloween. See "Halloween Á La Carte" on pages 35-38. Practice some of the Pumpkin Carols on page 38 this afternoon so everyone will be ready to sing after the lights go out tonight. Happy Halloween!

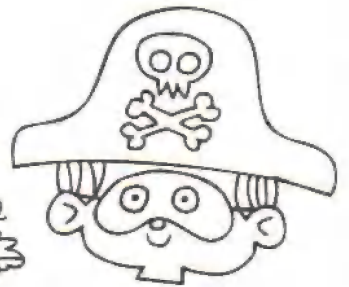




# October Clip Art



*Halloween Party Tonight!*





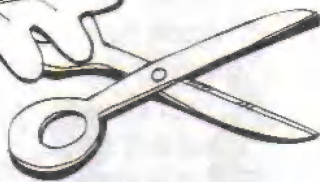


# Healthy, Happy Heritage

## An Autumn Celebration

by Linda Karges-Bone, Ed.D., Charleston, SC

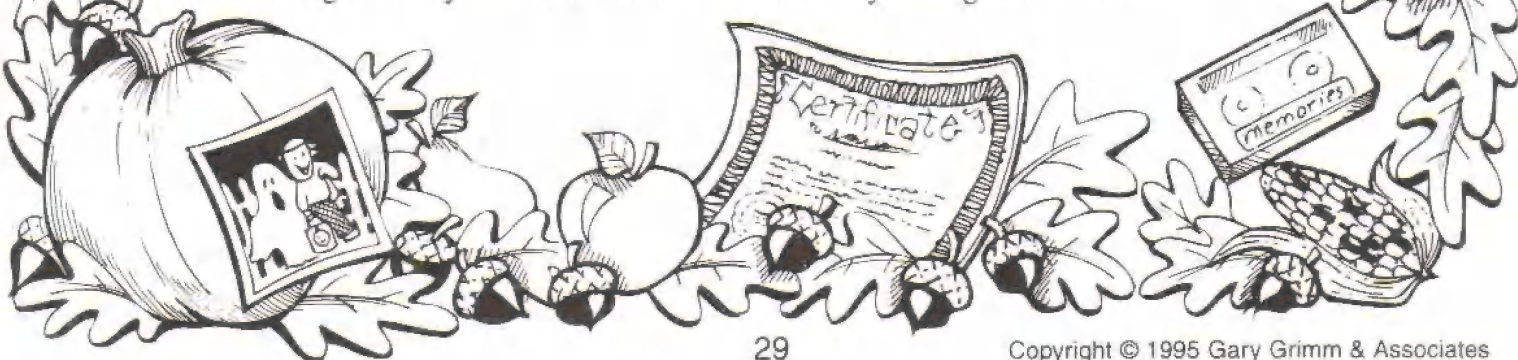
During graduate school, one of my favorite projects was an oral history that I researched. It was about a local kindergarten which had operated in a private home for over twenty years. The school began as a play group for a woman's youngest child, but as her reputation as a teacher grew, so did the school. At a time when kindergarten was rare in this part of the South, the rambling white house on a large, shady corner lot became the kindergarten of choice in our town. The school and its teacher became part of our local heritage, and it was important to record the story. Do your residents have a story to share and record? Autumn, rich in celebrations surrounding the harvest, is an excellent time to celebrate harvests of memories and personal histories, our heritage.



### Save and Savor September 6

"Save and Savor" means collecting newspaper clippings, photographs, and announcements that tell a life story. See the idea "Hooray for Me!" on page 39 and the personal heritage activity unit on pages 40-46. Make sure everyone has the opportunity to complete each of the reproducible heritage pages. Provide scrapbooks with easy-to-use acetate pages and a time for residents to pour over and organize their boxes and bags of mementos. For those folks who do not have materials to place in scrapbooks, provide audio cassettes and a recorder to tape an oral history. Invite local college students or mature high school students to interview residents as they make the tapes. This makes a wonderful social studies project for students. To get the students started, provide each with the questions below.

1. Where were you born? In what year were you born?
2. Did your family say that anything unusual or special occurred around the time of your birth?
3. What do you remember about growing up in \_\_\_\_\_?
4. Can you describe a day in your life as a child?
5. How were things different then?
6. What are some of the most interesting things that happened to you during your life?
7. Tell me about the people who have meant the most to you.
8. What changes have you seen in the world? Have they been good or bad?





# Harvest and Heritage Celebration

## October 6

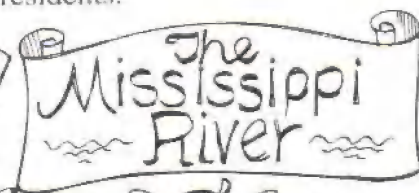
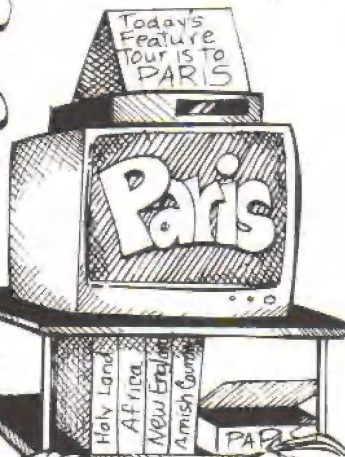
Ethnicity is everywhere and provides an interesting celebration of heritage. October 6th is National German-American Day, so you might begin with that ethnic group. Provide a cake or cupcakes with mini flags from the country of focus for that day. Read a poem or short story by a writer from that ethnic group or country. Play music or tapes to provide an appropriate background. Invite a resident to give a talk about meaningful traditions from his or her ethnic group. For a real morale booster, plan to visit a harvest or heritage celebration in your community. October is a traditional month for craft fairs, quilt displays, Oktoberfests, church bazaars, and harvest events of all kinds. Transport residents to an event and sample local heritage, foods, crafts, and music. Be sure to contact the festival director ahead of time, so that the guests may be offered a special welcome, perhaps be paired with youth group guides or given a tour or history of the church, group, or ethnic group sponsoring the event.



# Conduct Armchair Tours

## October 24

Armchair tours of foreign lands and faraway heritage invite residents to enjoy the sights and sounds of their lands or region of ancestry, without leaving home. Rent or borrow videos from travel agencies, and decorate the room with posters from the same source. Or seek out local university faculty who might have slides to show and narrate from the latest tour of the Holy Land, Africa, or Paris! Don't forget American heritage. Focus on a tour of the Amish Country, Mississippi River, or New England area. Heritage and harvest mark autumn as one of my favorite months. There is no mad holiday rush, but rather a time of nostalgia, seasonal change, and a collection of ideas and memories. You can make an autumn heritage celebration a pleasant and meaningful experience for all of your residents.







# October Crafts

## Pumpkin Decorations and Mask Making

### "Jumping Jack"-O'-Lantern

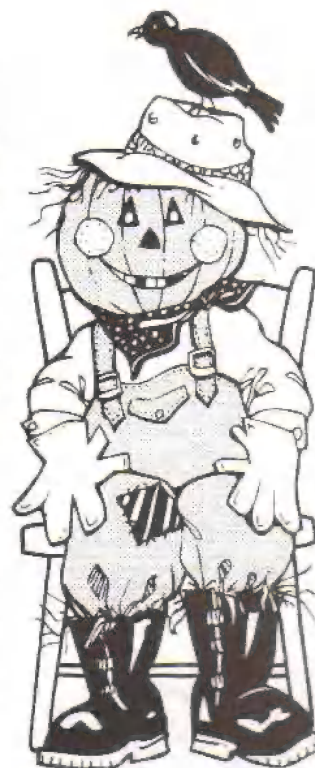
To make bright and cheery door or wall decorations, all you need is orange and black construction paper. Help each resident cut out a large orange pumpkin shape or, for those who do not use scissors, precut the pumpkins. The residents may use crayons or markers to color the stems and facial features or decorate pumpkins with trims such as glitter. Cut black paper into one-inch-wide strips. For each pumpkin, cut two sections of the strips into six-inch lengths to be the arms and cut two nine-inch lengths for the legs. Help residents "accordion-fold" the paper strips. Tape the folded strips to the back of each pumpkin. For hangers, tape a piece of yarn or string to the top of each one. When the string is gently tugged, Jack will do his "jumping jacks." Yet another way to display this jumping jack is to fill the bottom of lunch-sized paper bags with sand to weight them down. Then stuff the bags with tissue paper or strips of newspaper and tape shut the open end of the bag. Glue the back of the pumpkin to the stuffed bag. Then set the project on a ledge or shelf so the legs will dangle. Residents will enjoy displaying these projects in their rooms or giving them to youngsters who come for a visit.

### Pumpkin Pals

Since using knives sometimes poses a safety concern, residents may decorate pumpkins in other ways. First, wipe pumpkins with damp paper towels until the pumpkins are clean and shiny. Help residents use pencils to sketch simple facial features on their pumpkins. Encourage everyone to be creative and illustrate emotions such as happy, sad, afraid, shy. Create not-so-traditional characters such as monsters, clowns, or animals. Provide acrylic paints and large, easy-to-grasp paint brushes or permanent marking pens to color over the pencil sketches. Or help residents tape on decorated paper cutout features. Residents may also help construct life-sized scarecrows by stuffing old clothing with straw and placing the decorated pumpkin heads on the bodies. Decorate the scarecrow pumpkin heads with other items such as floppy hats, outdated eyeglasses, sunglasses, or old wigs. You may also place the pumpkin heads on bales of hay to make an autumn display.



"Jumping Jack"  
-O'-Lantern



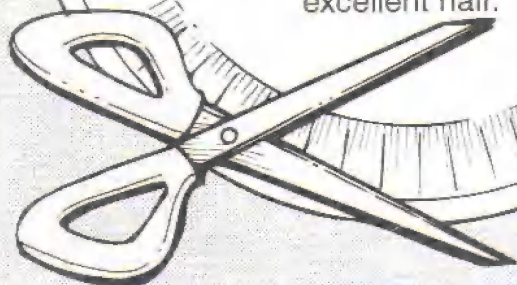


# "BOO"tiful Halloween Masks



Residents can create simple Halloween masks from large paper plates.

Help residents cut out eyes and nose holes or precut them. For a handle, tape a tongue depressor or wooden dowel to the backside. Hand-held masks are safer for those residents who have respiratory problems. Paper strips, yarn, fabric scraps, or crepe paper make excellent hair.



Paper bags turned upside down and worn over the head can also be used to make masks. Decorate with paper cutouts or markers. Large ears, antlers, horns, etc., can be attached to create delightful animal masks. Remember that some people are afraid to wear something over their head and that some residents may become frightened when someone wearing a mask approaches them. Monitor situations carefully to avoid startling the residents.



Purchase plain, basic masks in a variety of colors. Following is a list of trims that may be used to decorate them:

- sequins
- beads
- feathers
- rickrack
- glitzy ribbon
- pipe cleaners
- metallic pipe cleaners
- felt scraps
- silk flowers
- fancy buttons
- paper scraps
- fringed/curled paper
- goo-goo eyes

Make sure glitter is not applied near the eye-holes. Glitter glue pens are safest to use because glitter is less likely to flake off. Help residents attach trims using tacky craft glue, a heavy-duty stapler, tape, or a low-temperature glue gun.



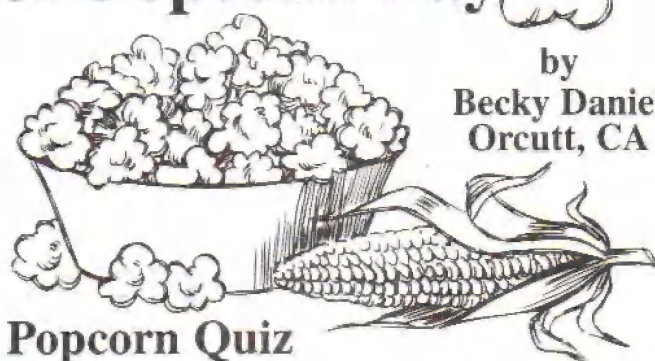




# Look What's New Popping Ideas for Popcorn Day



What's new about popcorn? You might think there's nothing new about this ancient food that was introduced to the colonists at the first Thanksgiving celebration in 1623, but there are many original things you can do with this flavorful and nutritious snack.



by  
**Becky Daniel  
Orcutt, CA**

## International Popcorn Quiz

How would you make Italian popcorn? Sprinkle it with Parmesan cheese and garlic salt. Spanish popcorn? How about chili powder, onion salt, and stir in some Spanish peanuts? German popcorn? You could drizzle it with melted white chocolate. You get the idea! Make sure the seniors know that there are no correct answers; this is just a game of creativity. Have residents invent toppings for creating the following:

German popcorn  
India Indian popcorn  
Irish popcorn  
Russian popcorn  
Australian popcorn  
Japanese popcorn

Hawaiian popcorn  
English popcorn  
African popcorn  
Iranian popcorn  
French popcorn  
Greek popcorn

Swedish popcorn  
American Indian popcorn  
Jewish popcorn  
Canadian popcorn  
Chinese popcorn  
Polish popcorn

If you are having fun, don't stop with these. Give everyone a sheet of paper, and let each person invent a popcorn recipe for a famous person or special holiday. Turn it into a guessing game by having residents read the ingredients to see if anyone knows for whom or which holiday it was invented.

## Chocolate-Covered Popcorn

After all the popcorn talk, everyone is bound to be hungry for some. For a delicious dessert popcorn, make chocolate-covered popcorn. All you need is popcorn and baker's white chocolate. Pop the corn. For each bag of microwave popcorn (or four cups of popped corn) you will need two squares of baker's white chocolate. Place popped corn in a bowl. Melt baker's white chocolate in the microwave as directed on the package and drizzle over the corn. Stir. Spread out on a sheet of waxed paper to cool. It is quick, easy, and delicious! Or try some of the international recipes invented by the residents.

## Popcorn Inventions

What else can you do with popcorn besides eat it? As a group, make a list of funny ways to use popped corn besides eating it as a snack. Examples: You could use it for edible confetti during a parade or use it for packing when sending fragile items through the mail.





# Halloween À La Carte

By Susan Julio, Wake Forest, NC

*An the gobble-uns 'at gits you  
Ef you Don't Watch Out!*  
James Whitcomb Riley

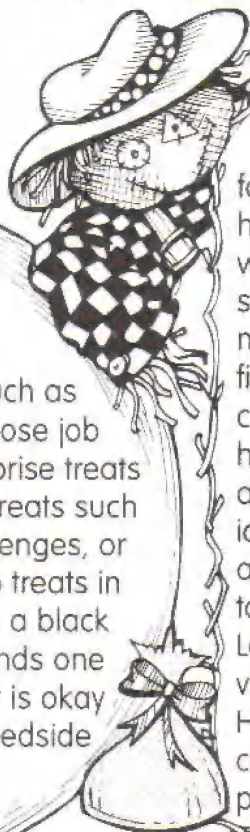


Tired of the same old tricks and treats? Here are some ideas to make this Halloween a howling success! Have a fun night of simple games and light refreshments. You may want to finish things off with a round of "Pumpkin Carols"! You will find the words for some Halloween songs sung to old familiar tunes on page 38.



## Secret Ghoul Trick or Treats

Invent a ghoulish character (such as Hangman Harry or Gertie Goblin) whose job for the month of October is to leave surprise treats for residents to find. Stock up on small treats such as sachets, postage stamps, throat lozenges, or individually wrapped chocolates. Wrap treats in bright orange cellophane and tie with a black ribbon so that each time a resident finds one he/she will know what it is and that it is okay to claim it as his/her own. Place in bedside drawers, on meal trays, etc.



## Scarecrow Contest

Divide residents into groups of three or four. Provide items such as old clothes, hats, gloves, burlap bags, twine, charcoal, wooden dowels or broom handles, and some kind of stuffing (Styrofoam™ packing material works well and is relatively easy to find). Direct each group to make a scarecrow. For additional ideas, see the pumpkin head scarecrow idea on page 31. Number and display finished scarecrows in the residential center along with ballots, pencils, and a cardboard box with a slit cut in the top for residents to place their ballots inside. Let each resident, visitor, and staff member vote on his/her favorite scarecrow. On Halloween announce the winning scarecrow and surprise winners with a small trophy or orange-and-black ribbon.

## Witch's Brew Scavenger Hunt

Come up with a list of creepy things to find, such as "eye of newt" (a large olive), hair of dog (straw from a broom), swamp toad (a picture cut from a magazine or small plastic frog or toad), witch's spell (paper scroll tied with a ribbon), magic wand (plastic tube or facsimile), etc. You will need as many of each item as you have teams. Hide the items around the recreation room or cafeteria. Make a list of items for each team. Divide residents into several teams and provide each team with a large bowl and a list. The idea of the game is for each team to collect one of each item in their bowl. If they find an item they already have, they are to return it to the place where they found it for the other team to find. The first team to collect all of the items for the brew returns to the starting place, combines the "ingredients," stirs the "mixture," and chants, "Double, double, toil and trouble!"

## Candy Corn Guess

Fill a large glass jar with candy corn and have residents guess the number of candies in the jar. Award the candy to the person whose guess is closest to the actual number.



## Read Aloud

Read aloud each evening from Washington Irving's "The Legend of Sleepy Hollow" and follow up with some homegrown ghost stories.

## Frightful Film Festival

Rent or borrow Alfred Hitchcock videos to show residents. Turn off the lights and pass the popcorn!

## Custom-Designed Costumes

Ask residents to create costumes for a Halloween parade and contest. (See mask crafts on pages 32 and 33.) When costumes are completed, have residents parade around a small area. Select several judges to vote on best costumes. Award small prizes such as certificates for manicures or back rubs. To get the ball rolling, below are some simple costume ideas:

**Walking Jelly Bean Bag:** Cut arm and leg holes in a large, clear plastic dry cleaning bag. Fill bag with multicolored, inflated balloons. Tie end of bag in a loose side knot.

**Alphabet Soup:** Cut large letters from yellow felt and glue to an old sweatshirt. Use a new cloth mop head for a "noodley" hat.

**The Sheik:** Tear off one end of an old striped sheet. Drape the sheet over the head and coil the torn strip into a band. Tie band over the sheet and around the forehead.

**Jellyfish:** Tie crepe paper streamers to the edges of a clear plastic umbrella. Hold overhead.

## Bewitching Party Snacks

For a special snack to munch, make spiced pumpkin seeds. Place washed and dried seeds in a single layer on a cookie sheet. Roast in oven at 300 degrees turning frequently to avoid burning. Remove from oven when lightly browned. Cool. Use a large bowl coated with olive oil to shake the seeds around with one of the following toppings:

**Cheese:** Stir together 4 tablespoons of melted butter (or butter substitute) and 2 tablespoons grated cheddar cheese.

**Parmesan:** Stir together 4 tablespoons of melted butter (or butter substitute) with 4 tablespoons of grated Parmesan cheese. Add 2 tablespoons of finely chopped parsley.

**Salted:** Use 1/2 teaspoon of salt (or salt substitute) for each cup of seeds. Popcorn toppings can also be used on pumpkin seeds. See popcorn topping ideas on page 34.

Or serve some of these special Halloween treats:

**Sticks and Stones:** Combination of pretzel sticks and Kix™ cereal

**Creepy Crawly Cupcakes:** Top each cupcake with green coconut (grass) and candy gummy worms

**Pond Scum Sodas:** Ginger ale with vanilla ice cream floating on top

**Jack-O'-Lanterns:** Pumpkin-shaped cookies with orange icing and candy corn eyes, nose, and mouth



# Halloween Parlor Games

## Black Cat Charades



A black cat may be a witch's best friend, but here are some cats of a different color! Write down each "cat" name below on a small slip of paper and put into a box. Divide players into several teams. One member of each team is given a slip to study. At the signal, he/she must silently act out the word for team members. The team which guesses the most words wins. Words to list on slips of paper might include catfish, catapult, catnip, cat's-eye, caterpillar, CAT scan, category, catty, catastrophe, catgut, catamaran, catbird, catwalk, catnap, cat's cradle, catalog, cataract, cattail.



## Spiders in the Web

Secure a piece of netting in the corner of the room. Have players stand or sit behind a line taped to the floor. Take turns tossing small, plastic spiders into the "web."

## "Carve" a Pumpkin

Cut two large circles from orange construction paper or tagboard. Make a set of pumpkin "features" for each circle. Cut three triangles from black construction paper for eyes and a nose, a black zigzag mouth, a brown rectangle for the stem and a green leaf. Divide players into several teams. Explain that each team will attempt to "carve" their pumpkin before the other team does by correctly answering a Halloween trivia question. With each correct answer, a part of the jack-o'-lantern is taped to the appropriate team's pumpkin. Have teams take turns answering questions. If an incorrect answer is given, the other team gets a chance to answer it.

1. What nursery rhyme character "had a wife and couldn't keep her"? (Peter, Peter Pumpkin Eater)
2. Whom did Ichabod Crane battle in Washington Irving's "The Legend of Sleepy Hollow"? (The Headless Horseman)
3. According to Linus in the cartoon "Peanuts," who lies waiting in a pumpkin patch to rise into the air each Halloween night? (The Great Pumpkin)
4. What famed magician died on Halloween night in 1926? (Harry Houdini)
5. Who fed on human blood in a novel written by Bram Stoker? (Dracula)
6. What is the night before Halloween called? (All Saints' Day)
7. Which actor portrayed Frankenstein's Monster in the 1930's version of the movie? (Boris Karloff)
8. According to the legend, who is turned into a hairy beast each full moon? (The Wolfman)
9. Who played the Phantom in the silent screen classic *Phantom of the Opera*? (Lon Chaney)
10. In which movie did Cary Grant have two murderous aunts? (*Arsenic and Old Lace*)
11. When is Halloween? (October 31st)
12. Halloween is the shortened name for what? (Allhallows' Eve)



## Pumpkin Carols

Make copies of the pumpkin carols and practice the words set to familiar tunes. Parade down the halls, serenading fellow residents. Or be prepared to sing to the trick-or-treaters who come to your facility on Halloween Night!



### Up on the Rooftop

(Sung to the tune of "Up on the Rooftop")

Up on the rooftop footsteps fall,  
There stands a witch, she's havin' a ball!  
Hops off her broom, gives her cat a whack,  
High pointed hat, she's dressed in black!

Chorus:

No, no, no! I wouldn't go!  
No, no, no! I wouldn't go!  
Up on the rooftop, Oh, dear, dear!  
Not 'til that witch is away from here!

### Rattlin' Ghouls

(Sung to the tune of "Jingle Bells")

Groanin' in the attic,  
Echoin' down the halls,  
Oh, what noise we hear,  
Sounds like chains and balls!  
Ghosts about to moan,  
Making such a fright,  
Oh, what chills run down my spine  
On Halloween night!

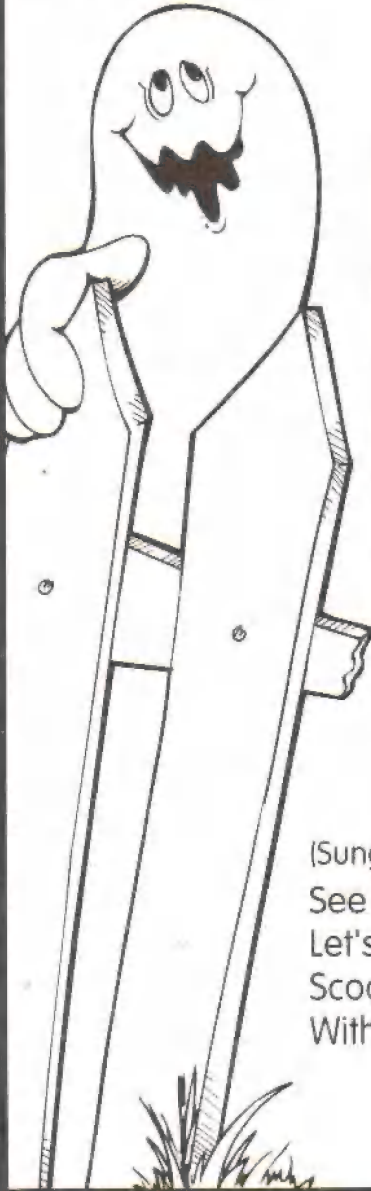
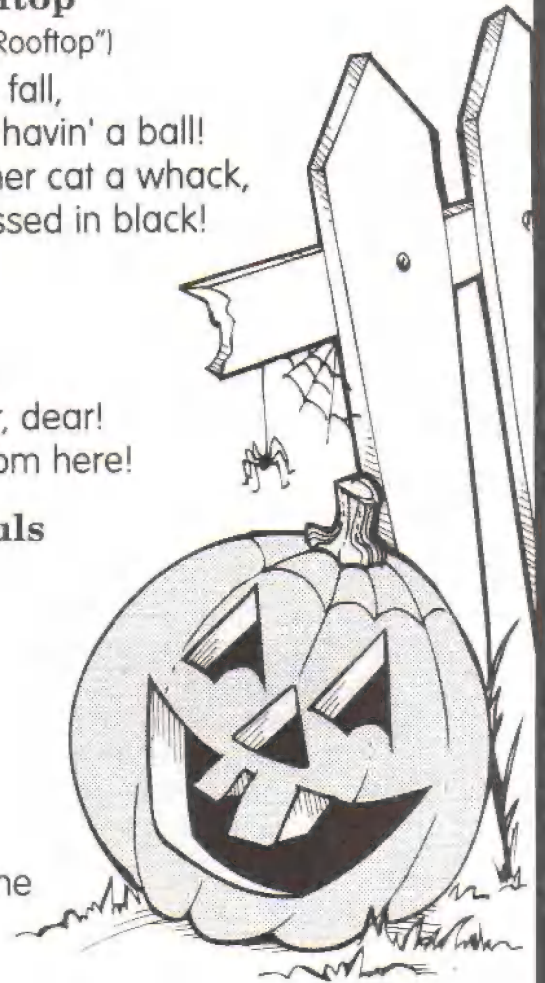
Chorus:

Oh, rattlin' ghouls, rattlin' ghouls, rattle night and day!  
Oh, how scary it is to hear them carry on that way!  
Oh, rattlin' ghouls, rattlin' ghouls, rattle night and day!  
Oh, how scary it is to hear them carry on that way!

### See the Pumpkins

(Sung to the tune of "Deck the Halls")

See the pumpkins in the patch, fa la la la la la la la la  
Let's go out and pick a batch, fa la la la la la la la la  
Scoop the pulp out, roast the seed, fa la la la la la la la la  
With friends to help, that's all we need, fa la la la la la la la la!





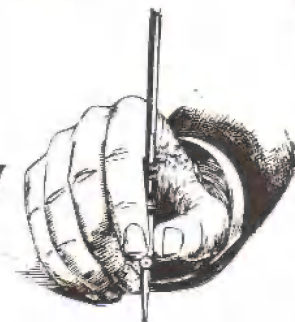


# Hooray for Me!

## Personal Histories Made Easy

by Kathy J. Jones, Lakewood, CA

Activities by Dee Leone, Plano, TX



If your residents have nothing else in common, they all have a personal history. They were born somewhere; they have lived somewhere; they all have some kind of family, most of them still living. Most have had some sort of occupation during their lifetime, some sort of special hobby, interest, or talent. The more you can find out about the personal histories of your seniors, the better able you will be to care for them and provide enriching, challenging experiences for them during their twilight years. And the more opportunities they have to share those personal histories with you and with one another, the greater will be their sense of self-worth.

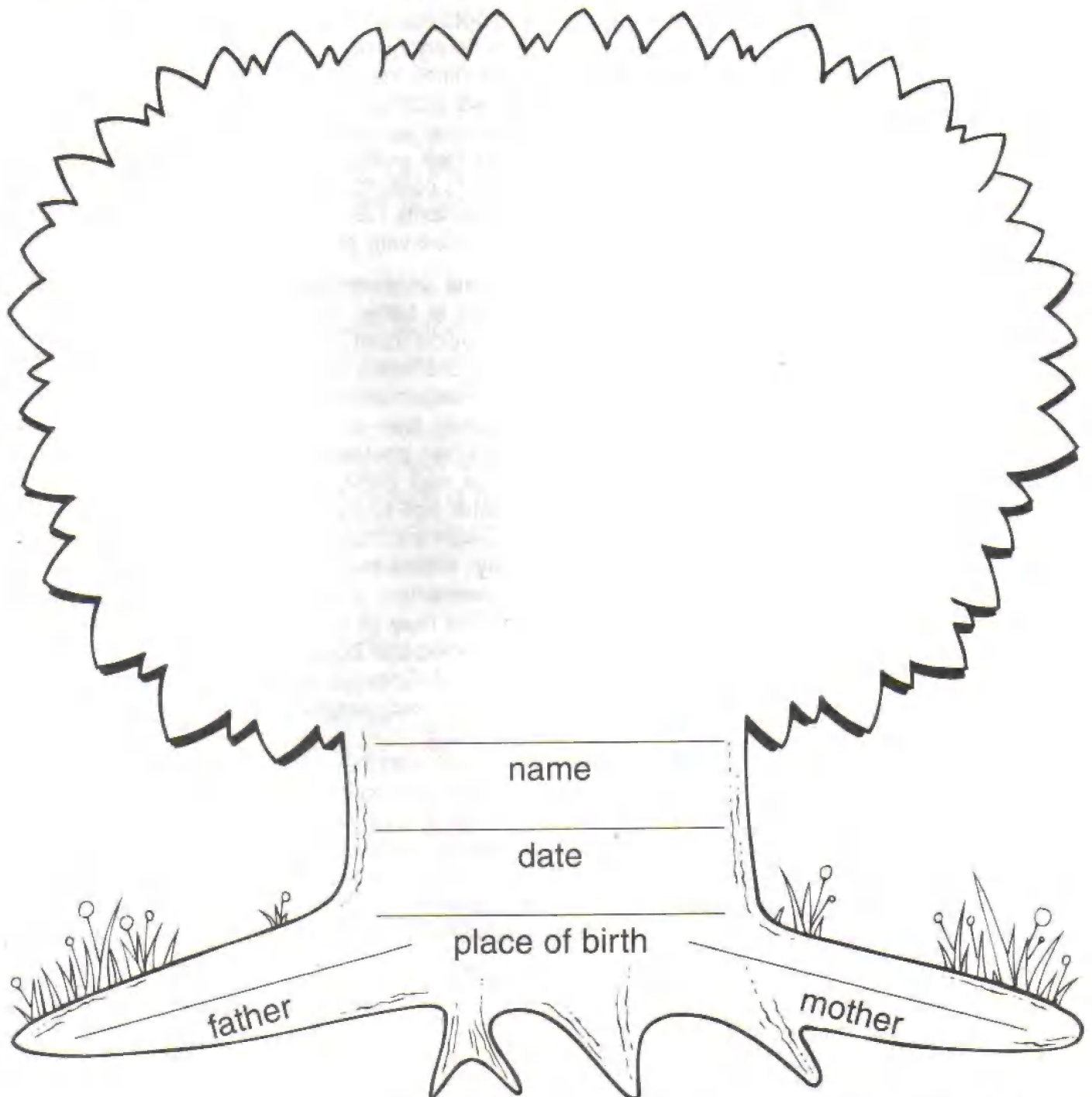
Some of your seniors may have in their possession a scrapbook, a diary or journal, or a photo album. Some may never have recorded any of their personal history. It is an invaluable endeavor, not only for the recorder, but for the recorder's posterity as well. Here are some suggestions on how you can make sure each of your residents has a family history upon which he/she may reflect, may continually add to, and may share with pride.

- Decide which residents have good enough communication skills to fill out as many of the personal information sheets as possible on pages 40-46. Help those who cannot write themselves. Make it a goal to reach every resident. When family members have supplied information, use what you learn to spark residents' memories.
- For each resident make a realistic goal sheet stating what you would like to see him/her accomplish during this personal history project: a family tree, a scrapbook, a photo album, a journal, all of the above, if possible!
- Make a United States map bulletin board and record the names (with photos, if possible) of every resident in his/her appropriate birth state. Foreign-born residents could have their names recorded in outlines of their respective countries and added to the same board.
- Start a Personal Journal for residents who can write. Provide spiral-bound notebooks and special novelty pens, if possible. Encourage them to write down the day's events. Once they are in the journal-keeping habit, encourage them to write a complete personal history. If oral communication is better, request family members to provide them with a cassette recorder.
- Do the family tree on page 40. If a resident is especially interested, reproduce the family tree poster and secure photos of his/her posterity to complete. Display on the wall outside the resident's room and later add to his/her scrapbook.
- Begin a scrapbook. Enlist the help of family members to bring in old photos, mementos, small treasures which the resident may glue or paste into a scrapbook. Blank-page books are available in a variety of sizes, or makeshift ones could be made with stapled paper and cardboard covers.
- If residents have photo albums, encourage them or visiting family members to take photos on their visits so that the albums can be extended. Encourage the residents to make their albums "grow."
- Hold some nightly "reminisce hours." Residents can share the information they have recorded on the information sheets. Games like "What's My Line" can be played.



# Our Great Heritage

Reminisce about the good old days as you complete your family tree. Write your full name on the first line on the tree trunk and your date and place of birth on the second line. Write your mother's and father's names on the roots of the tree. Draw branches, one for each of your children. Add a big leaf for each grandchild. Include the names of your grandchildren and children's spouses. If you enjoy this project, ask for a copy of the Family Tree poster found on the pullout and make a giant family tree!





# "H" Is My History



Full name: \_\_\_\_\_

Birth date: \_\_\_\_\_

Birthplace: \_\_\_\_\_



Elementary: \_\_\_\_\_

High School: \_\_\_\_\_

College: \_\_\_\_\_

Honors: \_\_\_\_\_

Date of Marriage: \_\_\_\_\_

Place of Marriage: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_



Children's Names and Birth dates:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Military Service: \_\_\_\_\_

Volunteer Service: \_\_\_\_\_

Memberships: \_\_\_\_\_

Occupations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Honors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







## My Heritage



What I know about my paternal ancestors and their places of birth:

---

---

---

What I know about my maternal ancestors and their places of birth:

---

---

---

Languages I speak:

---

---

Family customs and traditions I'd like to see preserved:

---

---

---

Trips I have taken to the place of my birth or visits to places where my ancestors were born:

---

---

A trip I would like to take to see the place of an ancestor's birthplace:

---

---



# Hopping Around the Globe

List some of the special places where you have visited or lived.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Color the state where you were born, red.

Color all states where you have lived, blue.

Color all states that you have visited, yellow.



If you were born in, lived in, or visited a foreign country, list those countries below.

_____	_____	_____
_____	_____	_____
_____	_____	_____



# Holiday Happenings

My favorite way to celebrate my birthday is \_\_\_\_\_

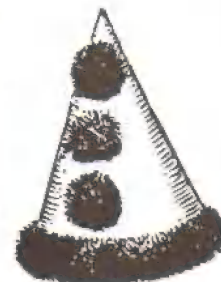
Here are some of my happiest birthday memories:

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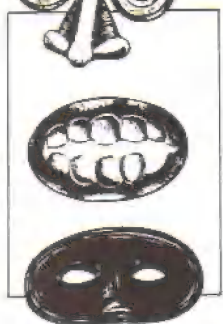
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Halloween costumes I've worn include \_\_\_\_\_



The most fun Halloween I ever had was when \_\_\_\_\_

---

---

---

Thanksgiving was celebrated in my house by \_\_\_\_\_

---

---

Happy Christmas/Hanukkah, or other holiday memories:

---

---

---

---



The best part of the Christmas/Hanukkah holiday is \_\_\_\_\_

My fondest of all holiday memories is \_\_\_\_\_

---



# Hobbies and Interests

Collections I've had: \_\_\_\_\_

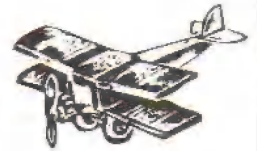


The things I most enjoy doing \_\_\_\_\_



My favorite pastime was \_\_\_\_\_

My favorite hobby was \_\_\_\_\_



The thing I most regret never having the opportunity to do is \_\_\_\_\_

The accomplishment on which I pride myself the most is \_\_\_\_\_





# Things That Bring Me Happiness

These are a few of my favorite things:

Foods: \_\_\_\_\_

Desserts: \_\_\_\_\_

Beverages: \_\_\_\_\_

Books: \_\_\_\_\_

Authors: \_\_\_\_\_

Magazines: \_\_\_\_\_

Movies: \_\_\_\_\_

TV Shows: \_\_\_\_\_

Comics: \_\_\_\_\_

Music: \_\_\_\_\_

Instruments: \_\_\_\_\_

Entertainers: \_\_\_\_\_

Places: \_\_\_\_\_

Landmarks: \_\_\_\_\_

Colors: \_\_\_\_\_

Animals: \_\_\_\_\_

Sports: \_\_\_\_\_

Games: \_\_\_\_\_

Hobbies: \_\_\_\_\_

Pastimes: \_\_\_\_\_

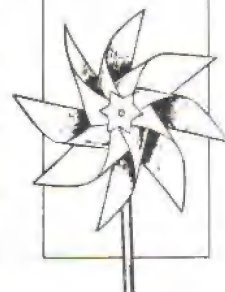
Charities: \_\_\_\_\_

Season: \_\_\_\_\_

Holiday: \_\_\_\_\_

State in U.S.: \_\_\_\_\_

Favorite Country in the World: \_\_\_\_\_





# Mystery Birthday Badges and Special Day Reminders


**September 26:** This American composer is remembered for such melodies as "Strike Up the Band," "I Got Rhythm," and the opera *Porgy and Bess*. Who is he? (George Gershwin)

**October 5:** Who was the twenty-first president of the United States? Scrambled Name: RECHSTE LNAA ARURHT (Chester Alan Arthur)


**October 11:** She was affectionately called the "First Lady of the World." (Eleanor Roosevelt, wife of Franklin D. Roosevelt)

**October 24:** Today is the fiftieth birthday anniversary of this special organization dedicated to the cessation of the arms race. (United Nations)

**October 30:** Who was the second president and father of the sixth president of the United States? (John Adams)



*I care  
about my  
heart.*



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communicated  
with your  
kids today?





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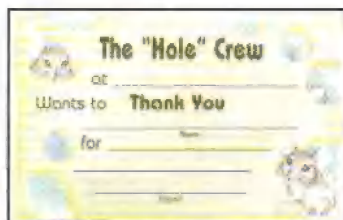
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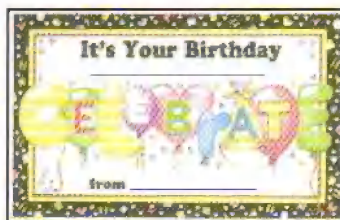
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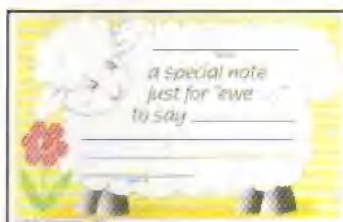
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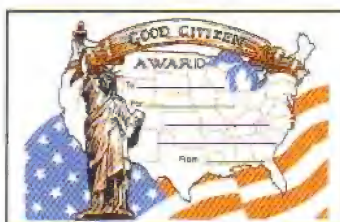
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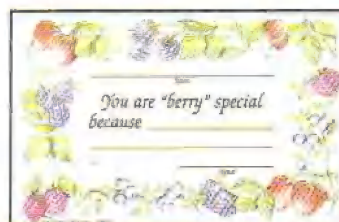
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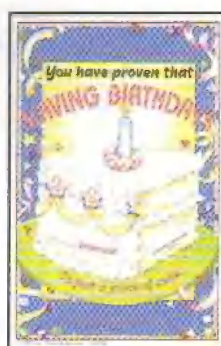
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GGA055 You Are "Berry" Special



GGA056 Birthday



GGA057 Certificate of Appreciation



GGA058 Certificate of Participation



GGA059 Thanks

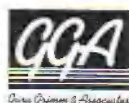


GGA060 Good Morning



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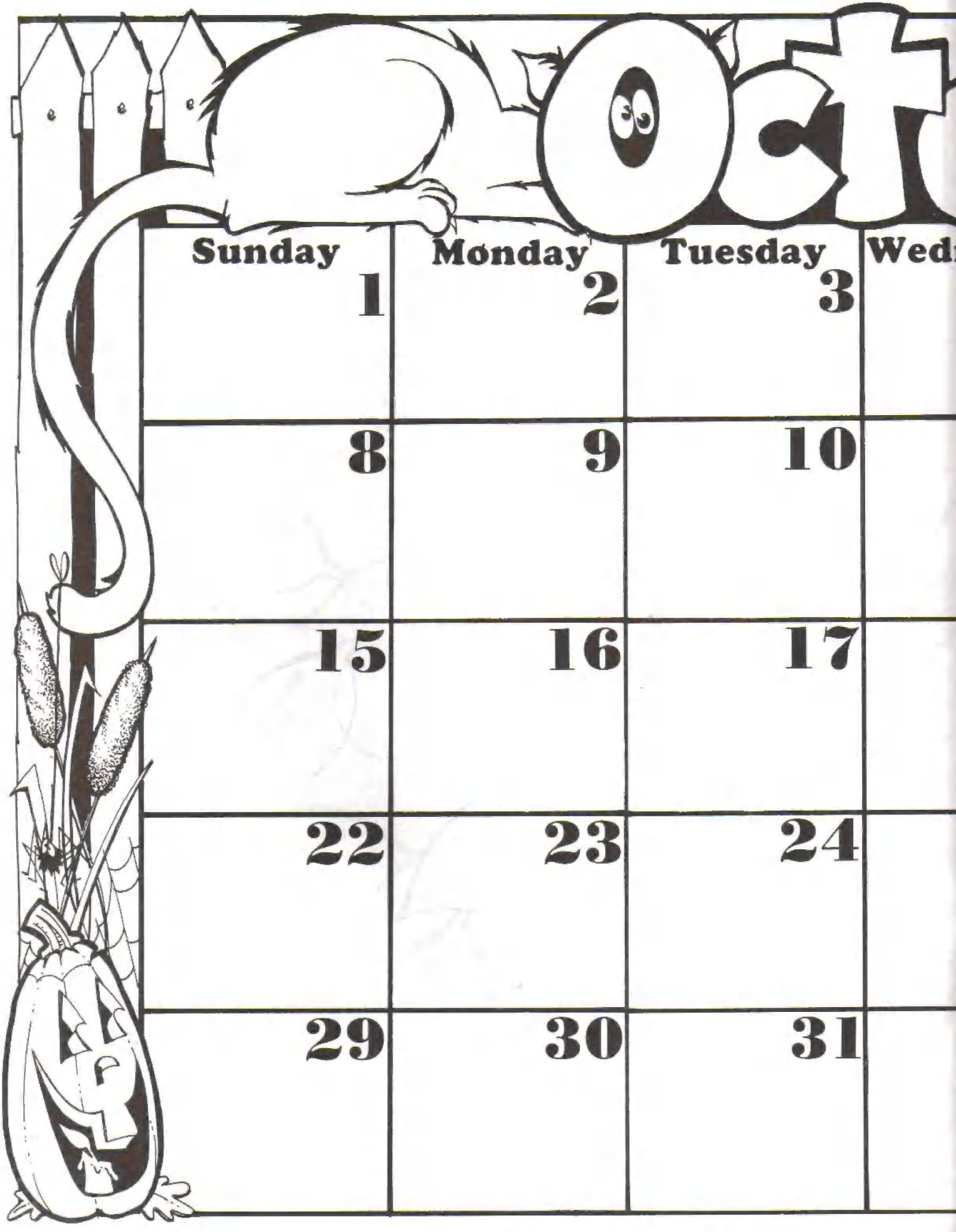
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# October

Sunday	Monday	Tuesday	Wednesday
1	2	3	
8	9	10	
15	16	17	
22	23	24	
29	30	31	





Wednesday  
4

Thursday  
5

Friday  
6

Saturday  
7

11

12

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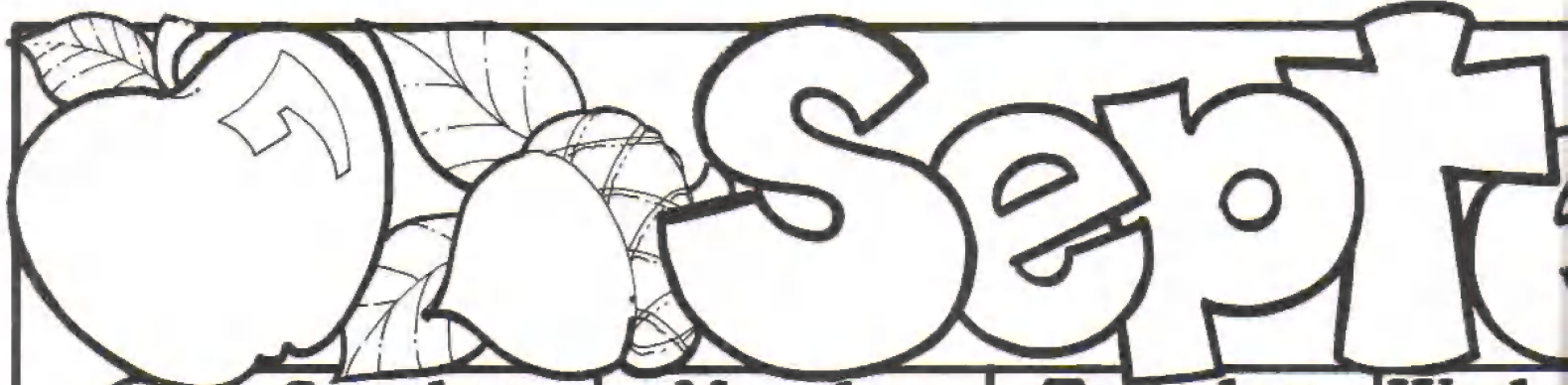
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# Sept

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**3**

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**12**

**17**

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**25**

**26**





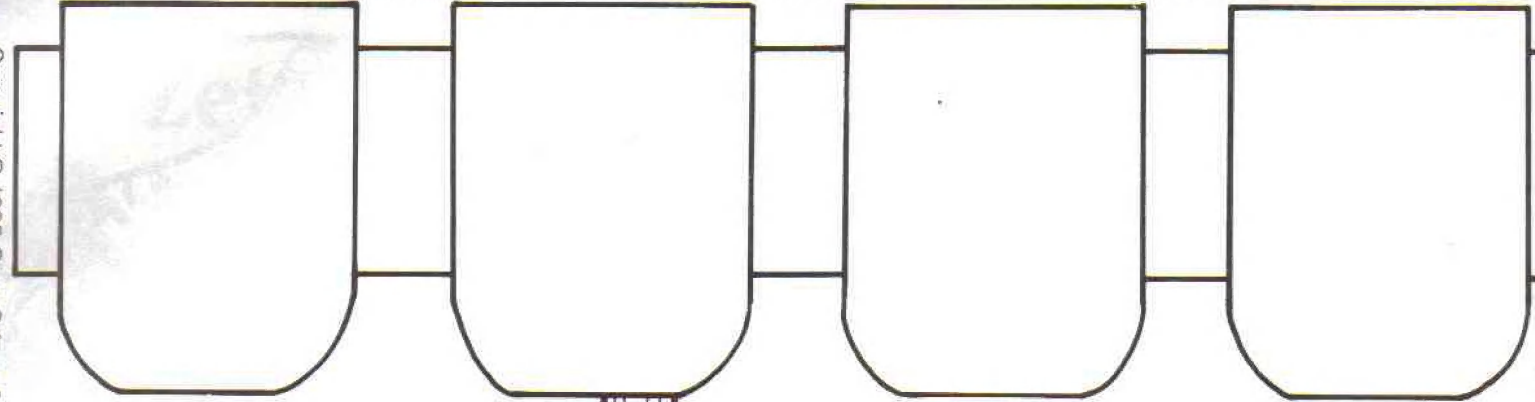
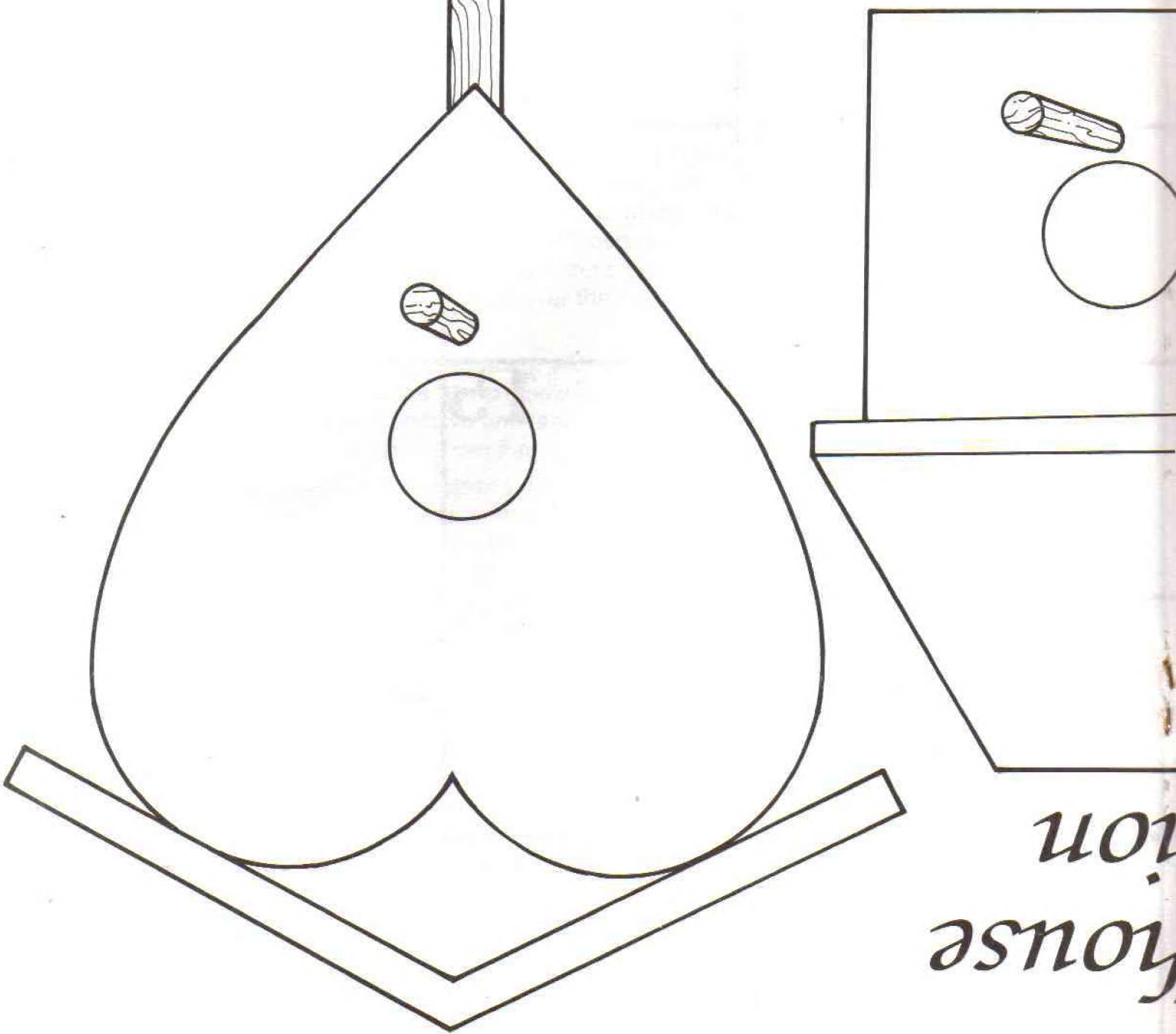
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Wednesday	Thursday	Friday	Saturday
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30



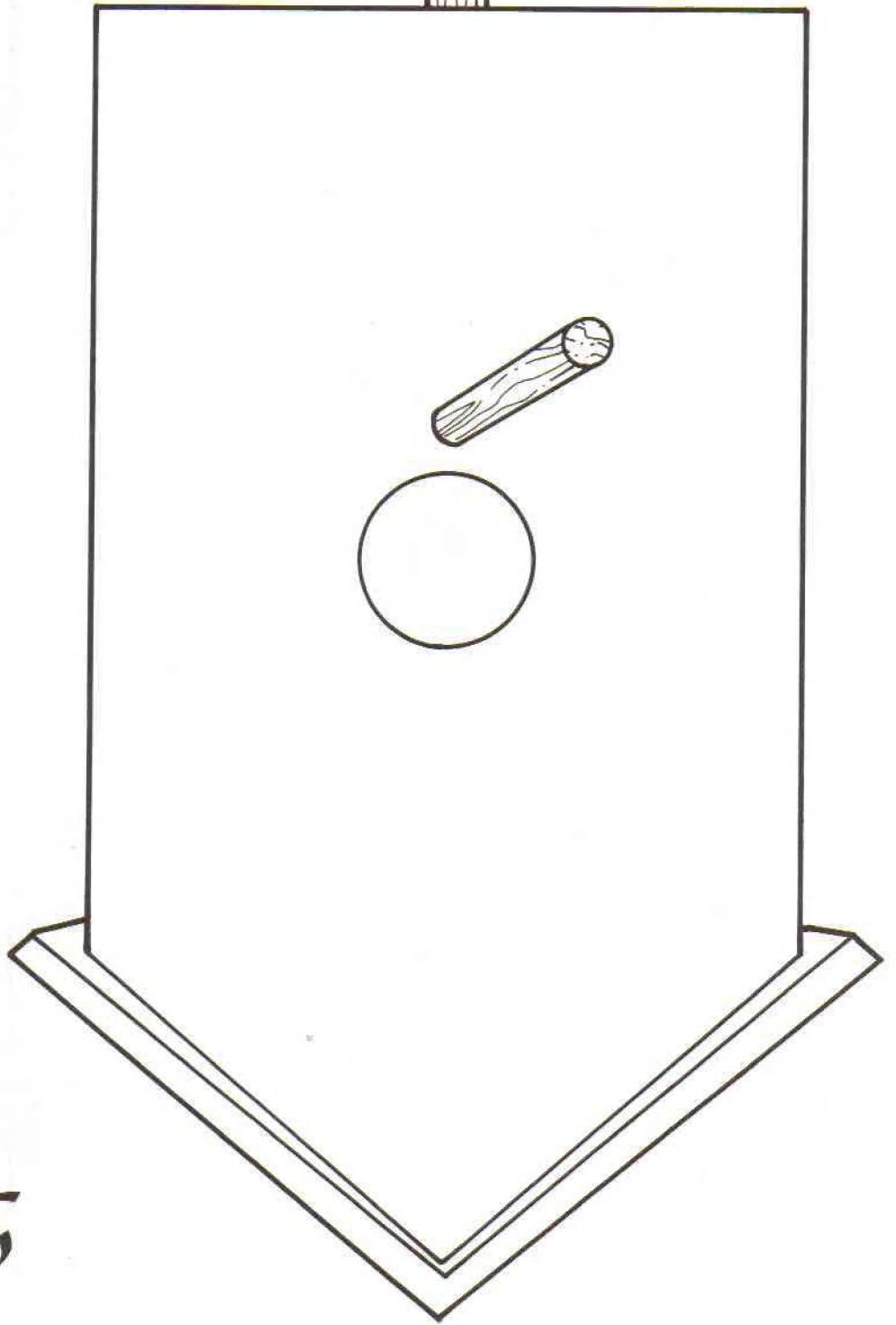
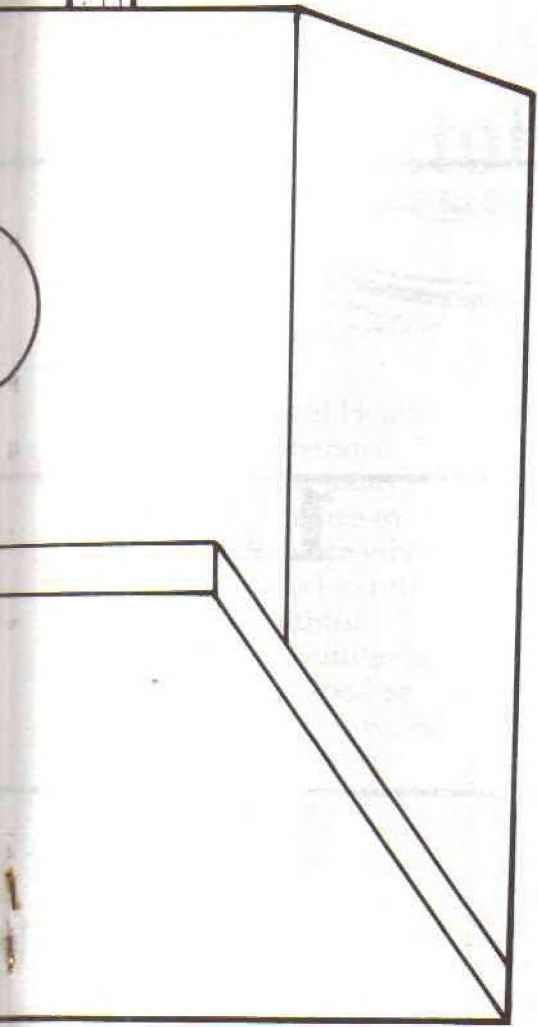
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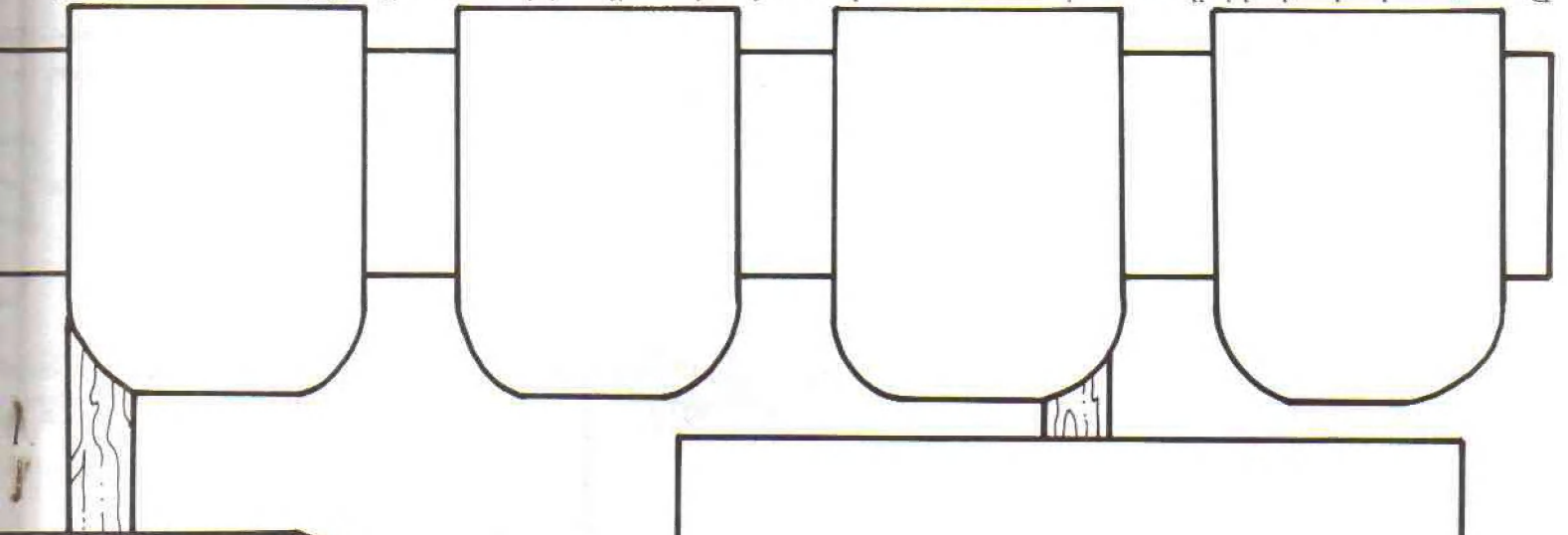
or dried flowers, and decorative pictures and designs from magazines or greeting cards. Write the names of favorite birds



# My Birdhouse Collector



Decorate and color the birdhouses using crayons, markers, colored pencils, stickers, stencils, ribbon, moss, small silk or on the fence rails.







# My Family

## The Family Tree

(your name)



Fill in the names for each person. Include the dates of birth and death if you know them.





# Family Tree

(name)



The "child" leaves on the trunk are for you and your brothers and sisters. If you need more, draw extra leaves on the trunk.